



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Wegener, Berthold

□□□: 2:58:06

□□: SV 21 Essentho

□□: 357

□□: 55.40 km

□□□□□/□□□: 26 (of 59)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 23 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 5(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:54	21:21	6	5:00	25	7:30	1.40	29:54	21:21	6	5:00	25	7:30	
Wechsel S -> R	-	3:49	-	7	1:34	23	1:57	1.40	33:43	24:05	5	6:18	23	9:04	
Schwimmen □□□	1.40	33:43	24:05	5	6:18	23	9:04	1.40	33:43	24:05	5	6:18	23	9:04	
Rad netto	44.00	1:31:28	2:04	5	14:21	24	18:25	45.40	2:05:11	2:45	6	20:20	24	26:24	
Wechsel R -> L	-	3:17	-	10	1:38	38	1:44	45.40	2:08:28	2:49	6	21:23	25	1:37:38	
Rad □□□	44.00	1:34:45	2:09	6	15:24	24	20:09	45.40	2:08:28	2:49	6	21:23	25	1:37:38	
Lauf	10.00	49:38	4:57	6	8:55	25	8:55	55.40	2:58:06	3:12	5	28:24	23	35:44	