



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

adriaens, herman

□□□: 2:59:16

□□: triamo

□□: 332

□□: 55.40 km

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

□□□□□/□□□: 27 (of 59)

□□□□□/□: 24 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 2:32:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	35:19	25:13	4	8:55	37	12:55	1.40	35:19	25:13	4	8:55	37	12:55
Wechsel S -> R	-	3:57	-	5	1:48	26	2:05	1.40	39:16	28:02	5	10:43	37	14:37
Schwimmen □□□	1.40	39:16	28:02	5	10:43	37	14:37	1.40	39:16	28:02	5	10:43	37	14:37
Rad netto	44.00	1:26:17	1:57	2	8:24	12	13:14	45.40	2:05:33	2:45	2	19:07	25	26:46
Wechsel R -> L	-	2:48	-	3	1:05	27	1:15	45.40	2:08:21	2:49	2	20:12	23	1:37:31
Rad □□□	44.00	1:29:05	2:01	2	9:29	13	14:29	45.40	2:08:21	2:49	2	20:12	23	1:37:31
Lauf	10.00	50:55	5:05	3	6:57	28	10:12	55.40	2:59:16	3:14	3	27:09	24	36:54