



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Riege, Karsten

□□□: 3:00:58

□□: Neuenrade

□□: 323

□□: 55.40 km

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

□□□□□/□□□: 31 (of 59)

□□□□□/□: 27 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 4(of 6)

□□□□□□□: 2:35:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	32:24	23:08	6	7:11	33	10:00	1.40	32:24	23:08	6	7:11	33	10:00
Wechsel S -> R	-	3:28	-	2	1:13	16	1:36	1.40	35:52	25:37	5	8:24	31	11:13
Schwimmen □□□	1.40	35:52	25:37	5	8:24	31	11:13	1.40	35:52	25:37	5	8:24	31	11:13
Rad netto	44.00	1:28:56	2:01	2	6:11	15	15:53	45.40	2:04:48	2:44	3	14:35	22	26:01
Wechsel R -> L	-	2:49	-	3	0:57	28	1:16	45.40	2:07:37	2:48	3	1:36:47	21	1:36:47
Rad □□□	44.00	1:31:45	2:05	2	7:08	16	17:09	45.40	2:07:37	2:48	3	1:36:47	21	1:36:47
Lauf	10.00	53:21	5:20	4	10:05	34	12:38	55.40	3:00:58	3:15	4	25:07	27	38:36