



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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**Bergmann, Helmut**

□□□: 3:00:29

□□: Marathon Soest

□□: 310

□□: 55.40 km

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

□□□□□/□□□: 29 (of 59)

□□□□□/□: 26 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 5 (60-64 Jahre)

□□□□□: 1(of 2)

□□□□□□□: 3:00:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:36	19:42	1	-	14	5:12	1.40	27:36	19:42	1	-	14	5:12	
Wechsel S -> R	-	4:46	-	1	-	35	2:54	1.40	32:22	23:07	1	-	18	7:43	
Schwimmen □□□	1.40	32:22	23:07	1	-	18	7:43	1.40	32:22	23:07	1	-	18	7:43	
Rad netto	44.00	1:37:36	2:13	1	-	36	24:33	45.40	2:09:58	2:51	1	-	29	31:11	
Wechsel R -> L	-	2:52	-	1	-	30	1:19	45.40	2:12:50	2:55	1	-	29	1:42:00	
Rad □□□	44.00	1:40:28	2:16	1	-	35	25:52	45.40	2:12:50	2:55	1	-	29	1:42:00	
Lauf	10.00	47:39	4:45	1	-	17	6:56	55.40	3:00:29	3:15	1	-	26	38:07	