



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Gerold, Volker

□□□: 3:02:52

□□: TuS Velmede-Bestwig

□□: 351

□□: 55.40 km

□□□□□/□□□: 32 (of 59)

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

□□□□□/□: 28 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 6(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:35	21:07	5	4:41	23	7:11	1.40	29:35	21:07	5	4:41	23	7:11
Wechsel S -> R	-	4:58	-	11	2:43	38	3:06	1.40	34:33	24:40	6	7:08	28	9:54
Schwimmen □□□	1.40	34:33	24:40	6	7:08	28	9:54	1.40	34:33	24:40	6	7:08	28	9:54
Rad netto	44.00	1:30:16	2:03	4	13:09	20	17:13	45.40	2:04:49	2:44	5	19:58	23	26:02
Wechsel R -> L	-	3:13	-	9	1:34	35	1:40	45.40	2:08:02	2:49	5	20:57	22	1:37:12
Rad □□□	44.00	1:33:29	2:07	4	14:08	20	18:53	45.40	2:08:02	2:49	5	20:57	22	1:37:12
Lauf	10.00	54:50	5:29	10	14:07	36	14:07	55.40	3:02:52	3:18	6	33:10	28	40:30