



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Rudnik, Samuel

□□□: 2:07:48

□□: Gelsenkirchen

□□: 146

□□: 25.70 km

Volksdistanz (0,70-20,00-5,00)

□□□□□/□□□: 106 (of 109)

□□□□□/□: 79 (of 83)

□□□□□□: 1:09:12

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 9(of 9)

□□□□□□□: 1:12:35

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 18:50 | 26:54 | 7 | 8:13 | 60 | 8:13 | 0.70 | 18:50 | 26:54 | 7 | 8:13 | 61 | 18:50 | |
| Wechsel S -> R | - | 7:01 | - | 9 | 5:18 | 80 | 5:18 | 0.70 | 25:51 | 36:55 | 8 | 13:11 | 74 | 25:51 | |
| Schwimmen □□□ | 0.70 | 25:51 | 36:55 | 8 | 13:11 | 74 | 25:51 | 0.70 | 25:51 | 36:55 | 8 | 13:11 | 74 | 25:51 | |
| Rad netto | 20.00 | 1:05:50 | 3:17 | 9 | 28:24 | 81 | 31:52 | 20.70 | 1:31:41 | 4:25 | 9 | 41:35 | 80 | 42:28 | |
| Wechsel R -> L | - | 2:41 | - | 9 | 1:20 | 65 | 1:40 | 20.70 | 1:34:22 | 4:33 | 9 | 42:54 | 79 | 43:52 | |
| Rad □□□ | 20.00 | 1:08:31 | 3:25 | 9 | 29:43 | 79 | 33:16 | 20.70 | 1:34:22 | 4:33 | 9 | 42:54 | 79 | 43:52 | |
| Lauf | 5.00 | 33:26 | 6:41 | 9 | 13:18 | 83 | 15:56 | 25.70 | 2:07:48 | 4:58 | 9 | 55:13 | 79 | 58:36 | |