



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Karsten, Werner

000: 3:04:39

00: 345

00: 55.40 km

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

00000/000: 33 (of 59)

00000/0: 29 (of 47)

000000: 2:22:22

0000:

Senioren 3 (50-54 Jahre)

00000: 4(of 5)

0000000: 2:32:07

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.40	30:02	21:27	3	3:38	26	7:38	1.40	30:02	21:27	3	3:38	26	7:38
Wechsel S -> R	-	3:54	-	4	1:45	25	2:02	1.40	33:56	24:14	3	5:23	25	9:17
Schwimmen 000	1.40	33:56	24:14	3	5:23	25	9:17	1.40	33:56	24:14	3	5:23	25	9:17
Rad netto	44.00	1:33:01	2:06	4	15:08	27	19:58	45.40	2:06:57	2:47	3	20:31	27	28:10
Wechsel R -> L	-	3:35	-	4	1:52	39	2:02	45.40	2:10:32	2:52	4	22:23	28	1:39:42
Rad 000	44.00	1:36:36	2:11	4	17:00	27	22:00	45.40	2:10:32	2:52	4	22:23	28	1:39:42
Lauf	10.00	54:07	5:24	4	10:09	35	13:24	55.40	3:04:39	3:19	4	32:32	29	42:17