



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Karsten, Werner

□□□: 3:04:39

□□: 345

□□: 55.40 km

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

□□□□□/□□□: 33 (of 59)

□□□□□/□: 29 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 4(of 5)

□□□□□□□: 2:32:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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