



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Aschendorf, Jan

□□□: 3:08:50

□□: Hit & Run

□□: 343

□□: 55.40 km

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

□□□□□/□□□: 35 (of 59)

□□□□□/□: 31 (of 47)

□□□□□□: 2:22:22

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 5(of 6)

□□□□□□□: 2:50:37

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:43	20:30	3	1:49	18	6:19	1.40	28:43	20:30	3	1:49	18	6:19
Wechsel S -> R	-	4:36	-	6	1:10	34	2:44	1.40	33:19	23:47	3	2:59	21	8:40
Schwimmen □□□	1.40	33:19	23:47	3	2:59	21	8:40	1.40	33:19	23:47	3	2:59	21	8:40
Rad netto	44.00	1:42:11	2:19	6	12:31	44	29:08	45.40	2:15:30	2:59	5	14:42	36	36:43
Wechsel R -> L	-	2:31	-	2	0:26	18	0:58	45.40	2:18:01	3:02	5	15:08	35	1:47:11
Rad □□□	44.00	1:44:42	2:22	6	12:21	42	30:06	45.40	2:18:01	3:02	5	15:08	35	1:47:11
Lauf	10.00	50:49	5:04	4	4:39	27	10:06	55.40	3:08:50	3:24	5	18:13	31	46:28