



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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**Stolte, Wolfgang**

□□□: 3:09:24

□□: TRIlandertaler ME-Sport

□□: 319

□□: 55.40 km

□□□□□/□□□: 36 (of 59)

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

□□□□□/□: 32 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 5(of 6)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:35:51

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40     | 31:07    | 22:13        | 5       | 5:54    | 31      | 8:43    | 1.40  | 31:07     | 22:13         | 5       | 5:54    | 31      | 8:43    |
| Wechsel S -> R | -        | 5:09     | -            | 4       | 2:54    | 39      | 3:17    | 1.40  | 36:16     | 25:54         | 6       | 8:48    | 32      | 11:37   |
| Schwimmen □□□  | 1.40     | 36:16    | 25:54        | 6       | 8:48    | 32      | 11:37   | 1.40  | 36:16     | 25:54         | 6       | 8:48    | 32      | 11:37   |
| Rad netto      | 44.00    | 1:38:59  | 2:14         | 5       | 16:14   | 37      | 25:56   | 45.40 | 2:15:15   | 2:58          | 6       | 25:02   | 34      | 36:28   |
| Wechsel R -> L | -        | 2:10     | -            | 2       | 0:18    | 10      | 0:37    | 45.40 | 2:17:25   | 3:01          | 5       | 1:46:35 | 32      | 1:46:35 |
| Rad □□□        | 44.00    | 1:41:09  | 2:17         | 4       | 16:32   | 36      | 26:33   | 45.40 | 2:17:25   | 3:01          | 5       | 1:46:35 | 32      | 1:46:35 |
| Lauf           | 10.00    | 51:59    | 5:11         | 3       | 8:43    | 30      | 11:16   | 55.40 | 3:09:24   | 3:25          | 5       | 33:33   | 32      | 47:02   |