



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Ewering, Jörg

□□□: 3:10:02

□□: Spicheren

□□: 315

□□: 55.40 km

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

□□□□□/□□□: 38 (of 59)

□□□□□/□: 33 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 8(of 13)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:00	22:08	7	6:06	30	8:36	1.40	31:00	22:08	7	6:06	30	8:36
Wechsel S -> R	-	4:05	-	8	1:50	28	2:13	1.40	35:05	25:03	7	7:40	30	10:26
Schwimmen □□□	1.40	35:05	25:03	7	7:40	30	10:26	1.40	35:05	25:03	7	7:40	30	10:26
Rad netto	44.00	1:39:03	2:15	11	21:56	38	26:00	45.40	2:14:08	2:57	7	29:17	31	35:21
Wechsel R -> L	-	2:41	-	6	1:02	21	1:08	45.40	2:16:49	3:00	7	29:44	30	1:45:59
Rad □□□	44.00	1:41:44	2:18	11	22:23	37	27:08	45.40	2:16:49	3:00	7	29:44	30	1:45:59
Lauf	10.00	53:13	5:19	9	12:30	32	12:30	55.40	3:10:02	3:25	8	40:20	33	47:40