



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Krasch, Joachim

□□□: 3:10:41

□□: Schwerte

□□: 318

□□: 55.40 km

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

□□□□□/□□□: 39 (of 59)

□□□□□/□: 34 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 9(of 13)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:02	23:35	9	8:08	34	10:38	1.40	33:02	23:35	9	8:08	34	10:38
Wechsel S -> R	-	7:25	-	13	5:10	46	5:33	1.40	40:27	28:53	11	13:02	40	15:48
Schwimmen □□□	1.40	40:27	28:53	11	13:02	40	15:48	1.40	40:27	28:53	11	13:02	40	15:48
Rad netto	44.00	1:34:56	2:09	7	17:49	29	21:53	45.40	2:15:23	2:58	10	30:32	35	36:36
Wechsel R -> L	-	3:48	-	11	2:09	40	2:15	45.40	2:19:11	3:03	10	32:06	37	1:48:21
Rad □□□	44.00	1:38:44	2:14	8	19:23	29	24:08	45.40	2:19:11	3:03	10	32:06	37	1:48:21
Lauf	10.00	51:30	5:09	8	10:47	29	10:47	55.40	3:10:41	3:26	9	40:59	34	48:19