



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Lucashen, Marcus

000: 3:16:04

00: Jobware.de

00: 317

00: 55.40 km

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

00000/000: 45 (of 59)

00000/0: 39 (of 47)

000000: 2:22:22

0000:

Senioren 2 (45-49 Jahre)

00000: 10(of 13)

0000000: 2:29:42

0000

0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 35:59 | 25:42 | 11 | 11:05 | 40 | 13:35 | 1.40 | 35:59 | 25:42 | 11 | 11:05 | 40 | 13:35 |
| Wechsel S -> R | - | 3:43 | - | 6 | 1:28 | 21 | 1:51 | 1.40 | 39:42 | 28:21 | 10 | 12:17 | 38 | 15:03 |
| Schwimmen 000 | 1.40 | 39:42 | 28:21 | 10 | 12:17 | 38 | 15:03 | 1.40 | 39:42 | 28:21 | 10 | 12:17 | 38 | 15:03 |
| Rad netto | 44.00 | 1:35:31 | 2:10 | 8 | 18:24 | 30 | 22:28 | 45.40 | 2:15:13 | 2:58 | 9 | 30:22 | 33 | 36:26 |
| Wechsel R -> L | - | 2:43 | - | 7 | 1:04 | 23 | 1:10 | 45.40 | 2:17:56 | 3:02 | 9 | 30:51 | 34 | 1:47:06 |
| Rad 000 | 44.00 | 1:38:14 | 2:13 | 7 | 18:53 | 28 | 23:38 | 45.40 | 2:17:56 | 3:02 | 9 | 30:51 | 34 | 1:47:06 |
| Lauf | 10.00 | 58:08 | 5:48 | 12 | 17:25 | 41 | 17:25 | 55.40 | 3:16:04 | 3:32 | 10 | 46:22 | 39 | 53:42 |