



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Koch, Guido

□□□: 3:12:19

□□: ohne Verein

□□: 308

□□: 55.40 km

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

□□□□□/□□□: 42 (of 59)

□□□□□/□: 37 (of 47)

□□□□□□: 2:22:22

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 3(of 3)

□□□□□□□: 2:22:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	36:00	25:42	3	13:36	41	13:36	1.40	36:00	25:42	3	13:36	41	13:36
Wechsel S -> R	-	4:17	-	3	2:25	30	2:25	1.40	40:17	28:46	3	15:38	39	15:38
Schwimmen □□□	1.40	40:17	28:46	3	15:38	39	15:38	1.40	40:17	28:46	3	15:38	39	15:38
Rad netto	44.00	1:35:52	2:10	3	22:49	31	22:49	45.40	2:16:09	2:59	3	37:22	37	37:22
Wechsel R -> L	-	2:55	-	3	1:22	31	1:22	45.40	2:19:04	3:03	3	38:44	36	1:48:14
Rad □□□	44.00	1:38:47	2:14	3	24:11	30	24:11	45.40	2:19:04	3:03	3	38:44	36	1:48:14
Lauf	10.00	53:15	5:19	2	11:13	33	12:32	55.40	3:12:19	3:28	3	49:57	37	49:57