



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Köhler, Holger

□□□: 3:12:40

□□: Tri-Corps Warstein

□□: 356

□□: 55.40 km

□□□□□/□□□: 44 (of 59)

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

□□□□□/□: 38 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 6(of 6)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:35:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:25	20:17	2	3:12	15	6:01	1.40	28:25	20:17	2	3:12	15	6:01
Wechsel S -> R	-	5:46	-	5	3:31	42	3:54	1.40	34:11	24:24	4	6:43	26	9:32
Schwimmen □□□	1.40	34:11	24:24	4	6:43	26	9:32	1.40	34:11	24:24	4	6:43	26	9:32
Rad netto	44.00	1:39:07	2:15	6	16:22	39	26:04	45.40	2:13:18	2:56	5	23:05	30	34:31
Wechsel R -> L	-	4:27	-	5	2:35	45	2:54	45.40	2:17:45	3:02	6	1:46:55	33	1:46:55
Rad □□□	44.00	1:43:34	2:21	5	18:57	40	28:58	45.40	2:17:45	3:02	6	1:46:55	33	1:46:55
Lauf	10.00	54:55	5:29	5	11:39	37	14:12	55.40	3:12:40	3:28	6	36:49	38	50:18