



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Schneider, Tobias

□□□: 3:11:41

□□: 366

□□: 55.40 km

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

□□□□□/□□□: 41 (of 59)

□□□□□/□: 36 (of 47)

□□□□□□: 2:22:22

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 2:39:57

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40     | 39:19    | 28:05        | 2       | 9:47    | 45      | 16:55   | 1.40  | 39:19     | 28:05         | 2       | 9:47    | 45      | 16:55   |
| Wechsel S -> R | -        | 6:03     | -            | 2       | 2:41    | 44      | 4:11    | 1.40  | 45:22     | 32:24         | 2       | 12:28   | 45      | 20:43   |
| Schwimmen □□□  | 1.40     | 45:22    | 32:24        | 2       | 12:28   | 45      | 20:43   | 1.40  | 45:22     | 32:24         | 2       | 12:28   | 45      | 20:43   |
| Rad netto      | 44.00    | 1:36:18  | 2:11         | 2       | 13:38   | 32      | 23:15   | 45.40 | 2:21:40   | 3:07          | 2       | 26:06   | 41      | 42:53   |
| Wechsel R -> L | -        | 3:15     | -            | 2       | 1:36    | 37      | 1:42    | 45.40 | 2:24:55   | 3:11          | 2       | 27:42   | 40      | 1:54:05 |
| Rad □□□        | 44.00    | 1:39:33  | 2:15         | 2       | 15:14   | 32      | 24:57   | 45.40 | 2:24:55   | 3:11          | 2       | 27:42   | 40      | 1:54:05 |
| Lauf           | 10.00    | 46:46    | 4:40         | 2       | 4:02    | 15      | 6:03    | 55.40 | 3:11:41   | 3:27          | 2       | 31:44   | 36      | 49:19   |