



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Dienelt, Niclas

□□□: 3:00:26

□□: Düsseldorf

□□: 324

□□: 55.40 km

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

□□□□□/□□□: 28 (of 59)

□□□□□/□: 25 (of 47)

□□□□□□: 2:22:22

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 4(of 6)

□□□□□□□: 2:50:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:58	22:07	5	4:04	29	8:34	1.40	30:58	22:07	5	4:04	29	8:34
Wechsel S -> R	-	3:42	-	2	0:16	20	1:50	1.40	34:40	24:45	5	4:20	29	10:01
Schwimmen □□□	1.40	34:40	24:45	5	4:20	29	10:01	1.40	34:40	24:45	5	4:20	29	10:01
Rad netto	44.00	1:29:53	2:02	2	0:13	18	16:50	45.40	2:04:33	2:44	4	3:45	21	25:46
Wechsel R -> L	-	3:54	-	6	1:49	42	2:21	45.40	2:08:27	2:49	4	5:34	24	1:37:37
Rad □□□	44.00	1:33:47	2:07	4	1:26	22	19:11	45.40	2:08:27	2:49	4	5:34	24	1:37:37
Lauf	10.00	51:59	5:11	5	5:49	30	11:16	55.40	3:00:26	3:15	4	9:49	25	38:04