



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Böhnke, Jürgen

□□□: 3:17:58

□□: LG Deiringsen

□□: 328

□□: 55.40 km

□□□□□/□□□: 47 (of 59)

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

□□□□□/□: 40 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 11(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	41:09	29:23	12	16:15	46	18:45	1.40	41:09	29:23	12	16:15	46	18:45
Wechsel S -> R	-	4:54	-	10	2:39	36	3:02	1.40	46:03	32:53	12	18:38	46	21:24
Schwimmen □□□	1.40	46:03	32:53	12	18:38	46	21:24	1.40	46:03	32:53	12	18:38	46	21:24
Rad netto	44.00	1:39:23	2:15	12	22:16	41	26:20	45.40	2:25:26	3:12	13	40:35	45	46:39
Wechsel R -> L	-	3:52	-	12	2:13	41	2:19	45.40	2:29:18	3:17	13	42:13	45	1:58:28
Rad □□□	44.00	1:43:15	2:20	12	23:54	39	28:39	45.40	2:29:18	3:17	13	42:13	45	1:58:28
Lauf	10.00	48:40	4:51	5	7:57	22	7:57	55.40	3:17:58	3:34	11	48:16	40	55:36