



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Mertesdorf, Michael

□□□: 3:19:53

□□: TCEC Mainz

□□: 325

□□: 55.40 km

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

□□□□□/□□□: 48 (of 59)

□□□□□/□: 41 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 12(of 13)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:44	22:40	8	6:50	32	9:20	1.40	31:44	22:40	8	6:50	32	9:20
Wechsel S -> R	-	5:34	-	12	3:19	41	3:42	1.40	37:18	26:38	8	9:53	33	12:39
Schwimmen □□□	1.40	37:18	26:38	8	9:53	33	12:39	1.40	37:18	26:38	8	9:53	33	12:39
Rad netto	44.00	1:42:08	2:19	13	25:01	43	29:05	45.40	2:19:26	3:04	11	34:35	39	40:39
Wechsel R -> L	-	5:29	-	13	3:50	46	3:56	45.40	2:24:55	3:11	11	37:50	40	1:54:05
Rad □□□	44.00	1:47:37	2:26	13	28:16	43	33:01	45.40	2:24:55	3:11	11	37:50	40	1:54:05
Lauf	10.00	54:58	5:29	11	14:15	38	14:15	55.40	3:19:53	3:36	12	50:11	41	57:31