



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Volkmann, Tim

□□□: 3:23:26

□□: 362

□□: 55.40 km

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

□□□□□/□□□: 49 (of 59)

□□□□□/□: 42 (of 47)

□□□□□□: 2:22:22

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 6(of 6)

□□□□□□□: 2:50:37

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	37:59	27:07	6	11:05	43	15:35	1.40	37:59	27:07	6	11:05	43	15:35
Wechsel S -> R	-	4:21	-	5	0:55	31	2:29	1.40	42:20	30:14	6	12:00	43	17:41
Schwimmen □□□	1.40	42:20	30:14	6	12:00	43	17:41	1.40	42:20	30:14	6	12:00	43	17:41
Rad netto	44.00	1:41:01	2:17	5	11:21	42	27:58	45.40	2:23:21	3:09	6	22:33	43	44:34
Wechsel R -> L	-	2:47	-	5	0:42	26	1:14	45.40	2:26:08	3:13	6	23:15	42	1:55:18
Rad □□□	44.00	1:43:48	2:21	5	11:27	41	29:12	45.40	2:26:08	3:13	6	23:15	42	1:55:18
Lauf	10.00	57:18	5:43	6	11:08	40	16:35	55.40	3:23:26	3:40	6	32:49	42	1:01:04