



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Schöbel, Kay

□□□: 3:25:26

□□: Melekelaka Race Team

□□: 300

□□: 55.40 km

□□□□□/□□□: 50 (of 59)

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

□□□□□/□: 43 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 13(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	42:37	30:26	13	17:43	47	20:13	1.40	42:37	30:26	13	17:43	47	20:13
Wechsel S -> R	-	3:41	-	5	1:26	19	1:49	1.40	46:18	33:04	13	18:53	47	21:39
Schwimmen □□□	1.40	46:18	33:04	13	18:53	47	21:39	1.40	46:18	33:04	13	18:53	47	21:39
Rad netto	44.00	1:37:13	2:12	9	20:06	34	24:10	45.40	2:23:31	3:09	12	38:40	44	44:44
Wechsel R -> L	-	2:44	-	8	1:05	25	1:11	45.40	2:26:15	3:13	12	39:10	43	1:55:25
Rad □□□	44.00	1:39:57	2:16	10	20:36	34	25:21	45.40	2:26:15	3:13	12	39:10	43	1:55:25
Lauf	10.00	59:11	5:55	13	18:28	42	18:28	55.40	3:25:26	3:42	13	55:44	43	1:03:04