



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Stark, Oliver

□□□: 3:30:38

□□: TSV Aue-Wingeshausen

□□: 316

□□: 55.40 km

□□□□□/□□□: 53 (of 59)

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

□□□□□/□: 44 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 8(of 9)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:35:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:08	23:40	7	6:59	35	10:44	1.40	33:08	23:40	7	6:59	35	10:44
Wechsel S -> R	-	4:56	-	7	2:44	37	3:04	1.40	38:04	27:11	7	9:43	35	13:25
Schwimmen □□□	1.40	38:04	27:11	7	9:43	35	13:25	1.40	38:04	27:11	7	9:43	35	13:25
Rad netto	44.00	1:39:14	2:15	8	16:42	40	26:11	45.40	2:17:18	3:01	7	26:00	38	38:31
Wechsel R -> L	-	3:14	-	9	1:33	36	1:41	45.40	2:20:32	3:05	7	27:33	38	1:49:42
Rad □□□	44.00	1:42:28	2:19	8	17:50	38	27:52	45.40	2:20:32	3:05	7	27:33	38	1:49:42
Lauf	10.00	1:10:06	7:00	8	27:44	44	29:23	55.40	3:30:38	3:48	8	55:17	44	1:08:16