



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Salingré, Michael

□□□: 3:38:02

□□: Ingenieurbüro Salingré

□□: 370

□□: 55.40 km

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

□□□□□/□□□: 55 (of 59)

□□□□□/□: 45 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 5 (60-64 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 3:00:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	35:40	25:28	2	8:04	38	13:16	1.40	35:40	25:28	2	8:04	38	13:16
Wechsel S -> R	-	6:34	-	2	1:48	45	4:42	1.40	42:14	30:10	2	9:52	42	17:35
Schwimmen □□□	1.40	42:14	30:10	2	9:52	42	17:35	1.40	42:14	30:10	2	9:52	42	17:35
Rad netto	44.00	1:55:46	2:37	2	18:10	46	42:43	45.40	2:38:00	3:28	2	28:02	46	59:13
Wechsel R -> L	-	4:22	-	2	1:30	44	2:49	45.40	2:42:22	3:34	2	29:32	46	2:11:32
Rad □□□	44.00	2:00:08	2:43	2	19:40	45	45:32	45.40	2:42:22	3:34	2	29:32	46	2:11:32
Lauf	10.00	55:40	5:33	2	8:01	39	14:57	55.40	3:38:02	3:56	2	37:33	45	1:15:40