



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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ten Doornkaat Koolman, Uwe

□□□: 3:39:22

□□: 1. Tri-Teams Gütersloh GTV

□□: 326

□□: 55.40 km

□□□□□/□□□: 56 (of 59)

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

□□□□□/□: 46 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 5(of 5)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:32:07

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□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40     | 29:41    | 21:12        | 2       | 3:17    | 24      | 7:17    | 1.40  | 29:41     | 21:12         | 2       | 3:17    | 24      | 7:17    |
| Wechsel S -> R | -        | 3:48     | -            | 3       | 1:39    | 22      | 1:56    | 1.40  | 33:29     | 23:55         | 2       | 4:56    | 22      | 8:50    |
| Schwimmen □□□  | 1.40     | 33:29    | 23:55        | 2       | 4:56    | 22      | 8:50    | 1.40  | 33:29     | 23:55         | 2       | 4:56    | 22      | 8:50    |
| Rad netto      | 44.00    | 1:49:14  | 2:28         | 5       | 31:21   | 45      | 36:11   | 45.40 | 2:22:43   | 3:08          | 5       | 36:17   | 42      | 43:56   |
| Wechsel R -> L | -        | 4:06     | -            | 5       | 2:23    | 43      | 2:33    | 45.40 | 2:26:49   | 3:14          | 5       | 38:40   | 44      | 1:55:59 |
| Rad □□□        | 44.00    | 1:53:20  | 2:34         | 5       | 33:44   | 44      | 38:44   | 45.40 | 2:26:49   | 3:14          | 5       | 38:40   | 44      | 1:55:59 |
| Lauf           | 10.00    | 1:12:33  | 7:15         | 5       | 28:35   | 45      | 31:50   | 55.40 | 3:39:22   | 3:57          | 5       | 1:07:15 | 46      | 1:17:00 |