



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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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