



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Mucha, Lukas

□□□: 4:10:44

□□: 338

□□: 55.40 km

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

□□□□□/□□□: 59 (of 59)

□□□□□/□: 47 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 9(of 9)

□□□□□□□: 2:35:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	35:56	25:39	8	9:47	39	13:32	1.40	35:56	25:39	8	9:47	39	13:32	
Wechsel S -> R	-	5:16	-	8	3:04	40	3:24	1.40	41:12	29:25	8	12:51	41	16:33	
Schwimmen □□□	1.40	41:12	29:25	8	12:51	41	16:33	1.40	41:12	29:25	8	12:51	41	16:33	
Rad netto	44.00	2:10:01	2:57	9	47:29	47	56:58	45.40	2:51:13	3:46	9	59:55	47	1:12:26	
Wechsel R -> L	-	3:11	-	7	1:30	32	1:38	45.40	2:54:24	3:50	9	1:01:25	47	2:23:34	
Rad □□□	44.00	2:13:12	3:01	9	48:34	46	58:36	45.40	2:54:24	3:50	9	1:01:25	47	2:23:34	
Lauf	10.00	1:16:20	7:37	9	33:58	46	35:37	55.40	4:10:44	4:31	9	1:35:23	47	1:48:22	