



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Mucha, Lukas

000: 4:10:44

00: 338

00: 55.40 km

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

00000/000: 59 (of 59)

00000/0: 47 (of 47)

000000: 2:22:22

0000:

Senioren 1 (40-44 Jahre)

00000: 9(of 9)

0000000: 2:35:21

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
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 000	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 000	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