



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Orlowski, Carsten

□□□: 1:11:10

□□: Aqua-Sports Plettenberg

□□: 137

□□: 25.70 km

Volksdistanz (0,70-20,00-5,00)

□□□□□/□□□: 3 (of 109)

□□□□□/□: 3 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 1(of 9)

□□□□□□□: 1:11:10

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70     | 12:07    | 17:18        | 1       | -       | 4       | 1:30    | 0.70  | 12:07     | 17:18     | 1             | -       | 5       | 12:07   |         |
| Wechsel S -> R | -        | 2:35     | -            | 2       | 0:38    | 21      | 0:52    | 0.70  | 14:42     | 21:00     | 1             | -       | 6       | 14:42   |         |
| Schwimmen □□□  | 0.70     | 14:42    | 21:00        | 1       | -       | 6       | 14:42   | 0.70  | 14:42     | 21:00     | 1             | -       | 6       | 14:42   |         |
| Rad netto      | 20.00    | 34:32    | 1:43         | 1       | -       | 2       | 0:34    | 20.70 | 49:14     | 2:22      | 1             | -       | 2       | 0:01    |         |
| Wechsel R -> L | -        | 1:29     | -            | 2       | 0:13    | 12      | 0:28    | 20.70 | 50:43     | 2:27      | 1             | -       | 2       | 0:13    |         |
| Rad □□□        | 20.00    | 36:01    | 1:48         | 1       | -       | 2       | 0:46    | 20.70 | 50:43     | 2:27      | 1             | -       | 2       | 0:13    |         |
| Lauf           | 5.00     | 20:27    | 4:05         | 2       | 0:31    | 7       | 2:57    | 25.70 | 1:11:10   | 2:46      | 1             | -       | 3       | 1:58    |         |