



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Jacobsen, Thilo

□□□: 1:14:18

□□: Tri Michels Hamburg e.V.

□□: 112

□□: 25.70 km

□□□□□/□□□: 6 (of 109)

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

□□□□□/□: 6 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 2(of 9)

Senioren 1 (40-44 Jahre)

□□□□□□□: 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     | 16:05    | 22:58        | 6       | 3:58    | 28      | 5:28    | 0.70  | 16:05     | 22:58     | 6             | 3:58    | 29      | 16:05   |         |
| Wechsel S -> R | -        | 1:57     | -            | 1       | -       | 4       | 0:14    | 0.70  | 18:02     | 25:45     | 5             | 3:20    | 19      | 18:02   |         |
| Schwimmen □□□  | 0.70     | 18:02    | 25:45        | 5       | 3:20    | 19      | 18:02   | 0.70  | 18:02     | 25:45     | 5             | 3:20    | 19      | 18:02   |         |
| Rad netto      | 20.00    | 35:04    | 1:45         | 2       | 0:32    | 3       | 1:06    | 20.70 | 53:06     | 2:33      | 2             | 3:52    | 6       | 3:53    |         |
| Wechsel R -> L | -        | 1:16     | -            | 1       | -       | 2       | 0:15    | 20.70 | 54:22     | 2:37      | 2             | 3:39    | 6       | 3:52    |         |
| Rad □□□        | 20.00    | 36:20    | 1:49         | 2       | 0:19    | 3       | 1:05    | 20.70 | 54:22     | 2:37      | 2             | 3:39    | 6       | 3:52    |         |
| Lauf           | 5.00     | 19:56    | 3:59         | 1       | -       | 3       | 2:26    | 25.70 | 1:14:18   | 2:53      | 2             | 3:08    | 6       | 5:06    |         |