



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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HKM Bigge-Olsberg

□□□: 1:18:03

□□: HKM Bigge-Olsberg

□□: 47

□□: 25.70 km

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

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	15:13	21:44	6	3:31	6	3:31	0.70	15:13	21:44	6	3:31	6	3:31
Wechsel S -> R	-	2:23	-	15	0:51	15	0:51	0.70	17:36	25:08	7	4:22	7	4:22
Schwimmen □□□	0.70	17:36	25:08	7	4:22	7	4:22	0.70	17:36	25:08	7	4:22	7	4:22
Rad netto	20.00	38:08	1:54	4	6:31	4	6:31	20.70	55:44	2:41	4	10:53	4	10:53
Wechsel R -> L	-	1:29	-	6	0:18	6	0:18	20.70	57:13	2:45	4	11:11	4	11:11
Rad □□□	20.00	39:37	1:58	4	6:49	4	6:49	20.70	57:13	2:45	4	11:11	4	11:11
Lauf	5.00	20:50	4:09	9	3:33	9	3:33	25.70	1:18:03	3:02	4	14:44	4	14:44