



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Powerteam

□□□: 1:18:49

□□: Powerteam

□□: 39

□□: 25.70 km

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

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□□□□□□: 1:03:19

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□□□□□: 5(of 18)

Staffel

□□□□□□□: 1:03:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	15:53	22:41	10	4:11	10	4:11	0.70	15:53	22:41	10	4:11	10	4:11
Wechsel S -> R	-	2:13	-	12	0:41	12	0:41	0.70	18:06	25:51	10	4:52	10	4:52
Schwimmen □□□	0.70	18:06	25:51	10	4:52	10	4:52	0.70	18:06	25:51	10	4:52	10	4:52
Rad netto	20.00	38:39	1:55	6	7:02	6	7:02	20.70	56:45	2:44	5	11:54	5	11:54
Wechsel R -> L	-	1:29	-	6	0:18	6	0:18	20.70	58:14	2:48	5	12:12	5	12:12
Rad □□□	20.00	40:08	2:00	6	7:20	6	7:20	20.70	58:14	2:48	5	12:12	5	12:12
Lauf	5.00	20:35	4:06	8	3:18	8	3:18	25.70	1:18:49	3:04	5	15:30	5	15:30