



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Scharfenstein, Sven

□□□: 1:20:01

□□: SV Tri City Darmstadt e.V.

□□: 107

□□: 25.70 km

□□□□□/□□□: 10 (of 109)

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

□□□□□/□: 10 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 2(of 12)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:18:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:41	25:15	6	5:42	41	7:04	0.70	17:41	25:15	6	5:42	42	17:41
Wechsel S -> R	-	1:48	-	1	-	3	0:05	0.70	19:29	27:50	5	5:17	28	19:29
Schwimmen □□□	0.70	19:29	27:50	5	5:17	28	19:29	0.70	19:29	27:50	5	5:17	28	19:29
Rad netto	20.00	37:12	1:51	1	-	6	3:14	20.70	56:41	2:44	2	2:10	13	7:28
Wechsel R -> L	-	1:33	-	3	0:09	17	0:32	20.70	58:14	2:48	2	1:07	12	7:44
Rad □□□	20.00	38:45	1:56	1	-	6	3:30	20.70	58:14	2:48	2	1:07	12	7:44
Lauf	5.00	21:47	4:21	4	0:50	19	4:17	25.70	1:20:01	3:06	2	1:57	10	10:49