



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Gießau, Reiner

□□□: 1:20:17

□□: Soester Tri Team

□□: 156

□□: 25.70 km

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

□□□□□/□□□: 11 (of 109)

□□□□□/□: 11 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 2(of 8)

□□□□□□□: 1:15:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:47	22:32	2	0:43	21	5:10	0.70	15:47	22:32	2	0:43	22	15:47
Wechsel S -> R	-	2:28	-	2	0:16	14	0:45	0.70	18:15	26:04	2	0:32	20	18:15
Schwimmen □□□	0.70	18:15	26:04	2	0:32	20	18:15	0.70	18:15	26:04	2	0:32	20	18:15
Rad netto	20.00	38:12	1:54	2	1:46	12	4:14	20.70	56:27	2:43	2	2:18	10	7:14
Wechsel R -> L	-	1:43	-	4	0:22	27	0:42	20.70	58:10	2:48	2	2:40	10	7:40
Rad □□□	20.00	39:55	1:59	2	2:08	10	4:40	20.70	58:10	2:48	2	2:40	10	7:40
Lauf	5.00	22:07	4:25	4	2:11	20	4:37	25.70	1:20:17	3:07	2	4:51	11	11:05