



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Herting, Jörg

□□□: 1:21:32

□□: Tri-Cops Warstein

□□: 134

□□: 25.70 km

□□□□□/□□□: 13 (of 109)

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

□□□□□/□: 13 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 3(of 12)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:18:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:42	22:25	3	3:43	20	5:05	0.70	15:42	22:25	3	3:43	21	15:42
Wechsel S -> R	-	2:16	-	3	0:28	11	0:33	0.70	17:58	25:39	3	3:46	18	17:58
Schwimmen □□□	0.70	17:58	25:39	3	3:46	18	17:58	0.70	17:58	25:39	3	3:46	18	17:58
Rad netto	20.00	40:46	2:02	5	3:34	25	6:48	20.70	58:44	2:50	4	4:13	18	9:31
Wechsel R -> L	-	1:33	-	3	0:09	17	0:32	20.70	1:00:17	2:54	4	3:10	17	9:47
Rad □□□	20.00	42:19	2:06	5	3:34	23	7:04	20.70	1:00:17	2:54	4	3:10	17	9:47
Lauf	5.00	21:15	4:15	2	0:18	15	3:45	25.70	1:21:32	3:10	3	3:28	13	12:20