



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Plañwilm, Andreas

□□□: 1:25:10

□□: fit4tri tg Bad Waldsee

□□: 191

□□: 25.70 km

□□□□□/□□□: 28 (of 109)

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

□□□□□/□: 27 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 6(of 20)

Senioren 3 (50-54 Jahre)

□□□□□□□: 1:10:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:27	24:55	9	4:24	39	6:50	0.70	17:27	24:55	9	4:24	40	17:27
Wechsel S -> R	-	3:03	-	5	0:51	32	1:20	0.70	20:30	29:17	8	5:15	37	20:30
Schwimmen □□□	0.70	20:30	29:17	8	5:15	37	20:30	0.70	20:30	29:17	8	5:15	37	20:30
Rad netto	20.00	38:04	1:54	2	4:06	11	4:06	20.70	58:34	2:49	4	9:21	16	9:21
Wechsel R -> L	-	2:22	-	8	1:05	54	1:21	20.70	1:00:56	2:56	4	10:26	19	10:26
Rad □□□	20.00	40:26	2:01	3	5:11	14	5:11	20.70	1:00:56	2:56	4	10:26	19	10:26
Lauf	5.00	24:14	4:50	8	4:25	43	6:44	25.70	1:25:10	3:18	6	14:51	27	15:58