



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Pläßwilm, 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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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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   |         |