



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Faust, Boris

□□□: 1:26:54

□□: FC Lennestadt

□□: 194

□□: 25.70 km

□□□□□/□□□: 31 (of 109)

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

□□□□□/□: 30 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 4(of 9)

Senioren 1 (40-44 Jahre)

□□□□□□□: 1:11:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:08	23:02	7	4:01	29	5:31	0.70	16:08	23:02	7	4:01	30	16:08
Wechsel S -> R	-	4:46	-	7	2:49	64	3:03	0.70	20:54	29:51	6	6:12	43	20:54
Schwimmen □□□	0.70	20:54	29:51	6	6:12	43	20:54	0.70	20:54	29:51	6	6:12	43	20:54
Rad netto	20.00	40:31	2:01	4	5:59	24	6:33	20.70	1:01:25	2:58	4	12:11	29	12:12
Wechsel R -> L	-	1:56	-	5	0:40	36	0:55	20.70	1:03:21	3:03	4	12:38	28	12:51
Rad □□□	20.00	42:27	2:07	4	6:26	24	7:12	20.70	1:03:21	3:03	4	12:38	28	12:51
Lauf	5.00	23:33	4:42	4	3:37	34	6:03	25.70	1:26:54	3:22	4	15:44	30	17:42