



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Papenfuß, Jürgen

000: 1:30:42

00: Dortmund

00: 224

00: 25.70 km

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

00000/000: 42 (of 109)

00000/0: 37 (of 83)

000000: 1:09:12

0000:

Senioren 3 (50-54 Jahre)

00000: 9(of 20)

0000000: 1:10:19

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	19:53	28:24	17	6:50	66	9:16	0.70	19:53	28:24	17	6:50	67	19:53
Wechsel S -> R	-	2:50	-	4	0:38	28	1:07	0.70	22:43	32:27	15	7:28	59	22:43
Schwimmen 000	0.70	22:43	32:27	15	7:28	59	22:43	0.70	22:43	32:27	15	7:28	59	22:43
Rad netto	20.00	40:58	2:02	9	7:00	28	7:00	20.70	1:03:41	3:04	10	14:28	38	14:28
Wechsel R -> L	-	2:37	-	14	1:20	63	1:36	20.70	1:06:18	3:12	10	15:48	38	15:48
Rad 000	20.00	43:35	2:10	8	8:20	30	8:20	20.70	1:06:18	3:12	10	15:48	38	15:48
Lauf	5.00	24:24	4:52	10	4:35	45	6:54	25.70	1:30:42	3:31	9	20:23	37	21:30