



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Gülpinarli, Kenan

□□□: 1:31:44

□□: LT Starlight Team Essen

□□: 149

□□: 25.70 km

□□□□□/□□□: 47 (of 109)

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

□□□□□/□: 41 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 10(of 20)

Senioren 3 (50-54 Jahre)

□□□□□□□: 1:10:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:28	26:22	13	5:25	54	7:51	0.70	18:28	26:22	13	5:25	55	18:28
Wechsel S -> R	-	3:21	-	9	1:09	40	1:38	0.70	21:49	31:10	11	6:34	51	21:49
Schwimmen □□□	0.70	21:49	31:10	11	6:34	51	21:49	0.70	21:49	31:10	11	6:34	51	21:49
Rad netto	20.00	41:51	2:05	10	7:53	31	7:53	20.70	1:03:40	3:04	9	14:27	37	14:27
Wechsel R -> L	-	2:37	-	14	1:20	63	1:36	20.70	1:06:17	3:12	9	15:47	37	15:47
Rad □□□	20.00	44:28	2:13	10	9:13	37	9:13	20.70	1:06:17	3:12	9	15:47	37	15:47
Lauf	5.00	25:27	5:05	14	5:38	54	7:57	25.70	1:31:44	3:34	10	21:25	41	22:32