



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Heppe, Udo

□□□: 1:32:42

□□: Tri-Cops Warstein

□□: 230

□□: 25.70 km

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

□□□□□/□□□: 52 (of 109)

□□□□□/□: 44 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 11(of 20)

□□□□□□□: 1:10:19

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 17:02 | 24:20 | 8 | 3:59 | 36 | 6:25 | 0.70 | 17:02 | 24:20 | 8 | 3:59 | 37 | 17:02 |
| Wechsel S -> R | - | 3:34 | - | 11 | 1:22 | 46 | 1:51 | 0.70 | 20:36 | 29:25 | 9 | 5:21 | 40 | 20:36 |
| Schwimmen □□□ | 0.70 | 20:36 | 29:25 | 9 | 5:21 | 40 | 20:36 | 0.70 | 20:36 | 29:25 | 9 | 5:21 | 40 | 20:36 |
| Rad netto | 20.00 | 44:50 | 2:14 | 13 | 10:52 | 44 | 10:52 | 20.70 | 1:05:26 | 3:09 | 12 | 16:13 | 41 | 16:13 |
| Wechsel R -> L | - | 2:05 | - | 5 | 0:48 | 44 | 1:04 | 20.70 | 1:07:31 | 3:15 | 12 | 17:01 | 43 | 17:01 |
| Rad □□□ | 20.00 | 46:55 | 2:20 | 13 | 11:40 | 46 | 11:40 | 20.70 | 1:07:31 | 3:15 | 12 | 17:01 | 43 | 17:01 |
| Lauf | 5.00 | 25:11 | 5:02 | 13 | 5:22 | 51 | 7:41 | 25.70 | 1:32:42 | 3:36 | 11 | 22:23 | 44 | 23:30 |