



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Dünnebacke, Udo

000: 1:32:59

00: Fichte-Marathon-Rookies

00: 201

00: 25.70 km

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

00000/000: 54 (of 109)

00000/0: 46 (of 83)

000000: 1:09:12

0000:

Senioren 4 (55-59 Jahre)

00000: 5(of 8)

0000000: 1:15:26

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	17:55	25:35	5	2:51	45	7:18	0.70	17:55	25:35	5	2:51	46	17:55
Wechsel S -> R	-	3:26	-	7	1:14	43	1:43	0.70	21:21	30:30	6	3:38	49	21:21
Schwimmen 000	0.70	21:21	30:30	6	3:38	49	21:21	0.70	21:21	30:30	6	3:38	49	21:21
Rad netto	20.00	46:42	2:20	6	10:16	57	12:44	20.70	1:08:03	3:17	6	13:54	54	18:50
Wechsel R -> L	-	2:16	-	6	0:55	51	1:15	20.70	1:10:19	3:23	6	14:49	54	19:49
Rad 000	20.00	48:58	2:26	6	11:11	55	13:43	20.70	1:10:19	3:23	6	14:49	54	19:49
Lauf	5.00	22:40	4:31	5	2:44	24	5:10	25.70	1:32:59	3:37	5	17:33	46	23:47