



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

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**RUMP, Mario**

□□: DJK GWA Amelsbüren

□□: 496

□□: 55.50 km

Olympische Distanz (1,50-44,00-10,00)

□□□□:

Senioren 1 (40-44 Jahre)

□□□: 3:02:03

□□: 18.13 km/h

□□□□: 3:17 min/km

□□□□□/□□□: 50 (of 84)

□□□□□/□: 43 (of 69)

□□□□□□: 2:18:58

□□□□□: 9(of 16)

□□□□□□□: 2:39:33

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□□□□

□□□

| □□□       | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 1.50     | 29:43    | 19:48        | 6       | 2:32    | 35      | 8:49    | 1.50      | 29:43     | 19:48         | 6       | 2:32    | 35      | 8:49    |
| Rad       | 44.00    | 1:41:44  | 2:18         | 10      | 16:30   | 51      | 22:45   | 45.50     | 2:11:27   | 2:53          | 9       | 18:40   | 45      | 29:48   |
| Lauf      | 10.00    | 50:36    | 5:03         | 9       | 7:15    | 37      | 13:17   | 55.50     | 3:02:03   | 3:16          | 9       | 22:30   | 43      | 43:05   |