



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

FRIGGE, Jurij

00: Team Burn Baby

00: 23

00: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

0000:

männliche Schüler A (12+13 Jahre)

000: 32:50

00: 10.96 km/h

0000: 5:17 min/km

00000/000: 27 (of 28)

00000/0: 18 (of 18)

000000: 19:37

00000: 5(of 5)

0000000: 23:49

0000

0000

000

| 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 | 0.20 | 6:10 | 30:49 | 4 | 1:05 | 15 | 2:40 | 0.20 | 6:10 | 30:49 | 4 | 1:05 | 15 | 2:40 |
| Wechsel S -> R | 0.01 | 2:46 | 276:39 | 3 | 0:30 | 11 | 0:51 | 0.21 | 8:56 | 42:32 | 3 | 1:33 | 14 | 3:22 |
| Rad netto | 5.00 | 14:19 | 2:51 | 5 | 14:16 | 15 | 14:16 | 5.21 | 23:15 | 4:27 | 5 | 15:26 | 17 | 15:38 |
| Rad | 0.01 | 2:02 | 203:19 | 4 | 0:39 | 13 | 1:02 | 5.22 | 25:17 | 4:50 | 5 | 5:51 | 16 | 9:29 |
| Lauf | 1.00 | 7:33 | 7:32 | 5 | 3:13 | 18 | 3:44 | 6.22 | 32:50 | 5:16 | 5 | 9:01 | 18 | 13:13 |