



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Deckert, Mike

□□□: 1:27:58

□□: Pirate

□□: 130

□□: 25.70 km

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

□□□□□/□□□: 63 (of 116)

□□□□□/□: 59 (of 92)

□□□□□□: 1:03:19

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 15(of 23)

□□□□□□□: 1:10:03

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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       | 0.70     | 16:07    | 23:01        | 16      | 3:54    | 52      | 6:28    | 0.70  | 16:07     | 23:01     | 10            | 1:01    | 12      |         |         |
| Schwimmen □     | 0.70     | 16:07    | 23:01        | 10      | 1:01    | 12      |         | 0.70  | 16:07     | 23:01     | 10            | 1:01    | 12      |         |         |
| Wechsel Schwim  | 0.05     | 1:26     | 28:39        | 2       | 0:01    | 5       | 0:14    | 0.75  | 17:33     | 23:24     | 10            |         |         | 12      |         |
| Schwimmen □□□   | 0.75     | 17:33    | 23:24        | 10      |         | 12      |         | 0.75  | 17:33     | 23:24     | 10            |         |         | 12      |         |
| ZZ Rad          | 10.00    | 22:55    | 2:17         | 14      | 4:43    | 53      | 5:27    | 10.75 | 40:28     | 3:45      | 8             | 1:21    | 13      |         |         |
| Rad Ende        | 10.00    | 19:45    | 1:58         | 13      | 4:46    | 38      | 4:46    | 20.75 | 1:00:13   | 2:54      | 10            | 2:09    | 12      |         |         |
| Wechsel Rad-Lau | 0.05     | 1:28     | 29:19        | 13      | 0:41    | 59      | 0:49    | 20.80 | 1:01:41   | 2:57      | 10            | 1:54    | 12      |         |         |
| Rad □□□         | 20.05    | 44:08    | 2:12         | 16      | 8:17    | 58      | 9:31    | 20.80 | 1:01:41   | 2:57      | 10            | 1:54    | 12      |         |         |
| ZZ Lauf         | 2.50     | 12:53    | 5:09         | 18      | 3:32    | 66      | 4:02    | 23.30 | 1:14:34   | 3:12      | 10            | 2:36    | 13      |         |         |
| Lauf            | 2.50     | 13:24    | 5:21         | 18      | 3:37    | 68      | 4:02    | 25.70 | 1:27:58   | 3:25      | 15            | 17:55   | 59      | 24:39   |         |