



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Henne, Tobias

000: 2:24:03

00: Tri-Team Fuldata1

00: 340

00: 55.40 km

00000/000: 3 (of 71)

Olympische Distanz (1,40-44,00-10,00)

00000/0: 3 (of 61)

000000: 2:17:34

0000:

00000: 2(of 8)

AK4 männlich (35-39 Jahre)

0000000: 2:17:34

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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	1.40	22:56	16:22	2	1:41	5	2:07	1.40	22:56	16:22	2	1:41	34	
Schwimmen 0	1.40	22:56	16:22	2	1:41	34		1.40	22:56	16:22	2	1:41	34	
Wechsel Schwim	0.05	2:20	46:39	3	0:44	15	0:55	1.45	25:16	17:25	2	2:25	34	
Schwimmen 000	1.45	25:16	17:25	2	2:25	34		1.45	25:16	17:25	2	2:25	34	
ZZ Rad	11.00	18:51	1:42	2	0:25	6	1:07	12.45	44:07	3:32	2	2:50	32	
ZZ Rad	11.00	21:18	1:56	2	0:27	5	1:10	23.45	1:05:25	2:47	2	3:17	31	
ZZ Rad	11.00	21:37	1:57	2	0:22	4	1:27	34.45	1:27:02	2:31	2	3:39	27	
Rad Ende	11.00	17:48	1:37	2	0:12	6	1:23	45.45	1:44:50	2:18	2	3:51	34	
Wechsel Rad-Lau	0.05	1:22	27:19	3	0:19	12	0:23	45.50	1:46:12	2:20	2	4:10	34	
Rad 000	44.05	1:20:56	1:50	2	1:45	7	6:04	45.50	1:46:12	2:20	2	4:10	34	
ZZ Lauf	3.33	8:49	2:38	1	-	1	-	48.83	1:55:01	2:21	2		33	
ZZ Lauf	3.33	19:20	5:48	1	-	1	-	52.16	2:14:21	2:34	1	-	38	
Lauf	3.33	9:42	2:54	2	0:31	2	0:31	55.40	2:24:03	2:36	2	6:29	3	6:29