



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Nott, Hans-Dieter

□□□: 1:28:53

□□: OSC Hamm

□□: 118

□□: 25.70 km

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

□□□□□/□□□: 64 (of 116)

□□□□□/□: 60 (of 92)

□□□□□□: 1:03:19

□□□□:

Senioren 5 (60-64 Jahre)

□□□□□: 1(of 2)

□□□□□□□: 1:28:53

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.70	17:55	25:35	2	3:26	70	8:16	0.70	17:55	25:35	1	-	10	0:49
Schwimmen □	0.70	17:55	25:35	1	-	10	0:49	0.70	17:55	25:35	1	-	10	0:49
Wechsel Schwim	0.05	2:35	51:39	1	-	53	1:23	0.75	20:30	27:19	1	-	10	0:47
Schwimmen □□□	0.75	20:30	27:19	1	-	10	0:47	0.75	20:30	27:19	1	-	10	0:47
ZZ Rad	10.00	21:37	2:09	1	-	34	4:09	10.75	42:07	3:55	1	-	12	
Rad Ende	10.00	20:05	2:00	1	-	44	5:06	20.75	1:02:12	2:59	1	-	10	
Wechsel Rad-Lau	0.05	1:37	32:19	1	-	69	0:58	20.80	1:03:49	3:04	1	-	10	
Rad □□□	20.05	43:19	2:09	1	-	51	8:42	20.80	1:03:49	3:04	1	-	10	
ZZ Lauf	2.50	12:13	4:53	1	-	48	3:22	23.30	1:16:02	3:15	1	-	11	0:44
Lauf	2.50	12:51	5:08	1	-	55	3:29	25.70	1:28:53	3:27	1	-	60	25:34