



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Schulte-Pieper, Thomas

□□□: 2:24:40

□□: rc Sorpensee

□□: 368

□□: 55.40 km

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

□□□□□/□□□: 5 (of 71)

□□□□□/□: 5 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 1(of 13)

□□□□□□□: 2:24:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	24:58	17:49	2	3:18	11	4:09	1.40	24:58	17:49	1	-	36		
Schwimmen □	1.40	24:58	17:49	1	-	36		1.40	24:58	17:49	1	-	36		
Wechsel Schwim	0.05	2:05	41:39	1	-	9	0:40	1.45	27:03	18:39	1	-	36		
Schwimmen □□□	1.45	27:03	18:39	1	-	36		1.45	27:03	18:39	1	-	36		
ZZ Rad	11.00	36:56	3:21	12	16:38	53	19:12	12.45	1:03:59	5:08	1	-	34	4:48	
ZZ Rad	11.00	20:11	1:50	1	-	2	0:03	23.45	1:24:10	3:35	1	-	33	3:43	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-	-
Rad Ende	11.00	16:25	1:29	1	-	1	-	45.45	1:40:35	2:12	1	-	36		
Wechsel Rad-Lau	0.05	1:20	26:39	1	-	9	0:21	45.50	1:41:55	2:14	1	-	36		
Rad □□□	44.05	1:14:52	1:41	1	-	1	-	45.50	1:41:55	2:14	1	-	36		
ZZ Lauf	3.33	31:40	9:30	12	20:49	60	22:51	48.83	2:13:35	2:44	1	-	34		
ZZ Lauf	3.33	fehlt!	-	-	-	-	-	52.16	-	-	-	-	-	-	-
Lauf	3.33	11:05	3:19	1	-	9	1:54	55.40	2:24:40	2:36	1	-	5	7:06	