



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Bauerdick, Tobias

000: 1:31:43

00: Arnsberg

00: 124

00: 25.70 km

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

0000:

AK3 männlich (30-34 Jahre)

00000/000: 72 (of 116)

00000/0: 65 (of 92)

000000: 1:03:19

00000: 8(of 10)

0000000: 1:05:28

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.70	15:13	21:44	4	4:28	37	5:34	0.70	15:13	21:44	8	4:28	9		
Schwimmen 0	0.70	15:13	21:44	8	4:28	9		0.70	15:13	21:44	8	4:28	9		
Wechsel Schwim	0.05	2:52	57:19	7	1:11	64	1:40	0.75	18:05	24:06	8	5:39	9		
Schwimmen 000	0.75	18:05	24:06	8	5:39	9		0.75	18:05	24:06	8	5:39	9		
ZZ Rad	10.00	24:04	2:24	7	4:18	60	6:36	10.75	42:09	3:55	6	8:58	1	-	
Rad Ende	10.00	22:00	2:12	7	4:09	61	7:01	20.75	1:04:09	3:05	8	17:51	9	1:25	
Wechsel Rad-Lau	0.05	0:57	18:59	3	0:03	13	0:18	20.80	1:05:06	3:07	8	17:45	9	1:00	
Rad 000	20.05	47:01	2:20	9	12:06	71	12:24	20.80	1:05:06	3:07	8	17:45	9	1:00	
ZZ Lauf	2.50	13:15	5:17	8	2:21	74	4:24	23.30	1:18:21	3:21	7	15:23	10	3:03	
Lauf	2.50	13:22	5:20	8	2:04	67	4:00	25.70	1:31:43	3:34	8	26:15	65	28:24	