



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Thissen, Markus

000: 1:31:01

00: ASV Köln Triathlon

00: 180

00: 25.70 km

00000/000: 70 (of 116)

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

00000/0: 64 (of 92)

000000: 1:03:19

0000:

00000: 11(of 16)

Senioren 1 (40-44 Jahre)

0000000: 1:12:49

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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	0.70	15:58	22:48	9	2:44	47	6:19	0.70	15:58	22:48	11	2:28	8	
Schwimmen 0	0.70	15:58	22:48	11	2:28	8		0.70	15:58	22:48	11	2:28	8	
Wechsel Schwim	0.05	2:38	52:39	11	1:10	57	1:26	0.75	18:36	24:48	11	3:21	8	
Schwimmen 000	0.75	18:36	24:48	11	3:21	8		0.75	18:36	24:48	11	3:21	8	
ZZ Rad	10.00	23:24	2:20	10	5:11	58	5:56	10.75	42:00	3:54	9	7:31	10	
Rad Ende	10.00	21:10	2:07	10	4:00	56	6:11	20.75	1:03:10	3:02	11	11:56	8	0:26
Wechsel Rad-Lau	0.05	1:25	28:19	11	0:24	57	0:46	20.80	1:04:35	3:06	11	12:08	8	0:29
Rad 000	20.05	45:59	2:17	12	9:24	67	11:22	20.80	1:04:35	3:06	11	12:08	8	0:29
ZZ Lauf	2.50	13:16	5:18	14	3:16	75	4:25	23.30	1:17:51	3:20	11	15:24	9	2:33
Lauf	2.50	13:10	5:15	11	2:48	62	3:48	25.70	1:31:01	3:32	11	18:12	64	27:42