



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Salterberg, Klaus

000: 1:31:55

00: 0

00: 170

00: 25.70 km

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

00000/000: 73 (of 116)

00000/0: 66 (of 92)

000000: 1:03:19

0000:

Senioren 5 (60-64 Jahre)

00000: 2(of 2)

0000000: 1:28:53

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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	14:29	20:41	1	-	28	4:50	0.70	14:29	20:41	2	-	6	
Schwimmen 0	0.70	14:29	20:41	2		6		0.70	14:29	20:41	2		6	
Wechsel Schwim	0.05	2:59	59:39	2	0:24	68	1:47	0.75	17:28	23:17	2		6	
Schwimmen 000	0.75	17:28	23:17	2		6		0.75	17:28	23:17	2		6	
ZZ Rad	10.00	22:38	2:15	2	1:01	51	5:10	10.75	40:06	3:43	2		8	
Rad Ende	10.00	21:27	2:08	2	1:22	59	6:28	20.75	1:01:33	2:57	2		6	
Wechsel Rad-Lau	0.05	2:04	41:20	2	0:27	86	1:25	20.80	1:03:37	3:03	2		6	
Rad 000	20.05	46:09	2:18	2	2:50	70	11:32	20.80	1:03:37	3:03	2		6	
ZZ Lauf	2.50	13:23	5:21	2	1:10	76	4:32	23.30	1:17:00	3:18	2	0:58	7	1:42
Lauf	2.50	14:55	5:58	2	2:04	78	5:33	25.70	1:31:55	3:34	2	3:02	66	28:36