



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Kraft, Erich

000: 1:30:50

00: Viktoria Rietberg

00: 111

00: 25.70 km

00000/000: 69 (of 116)

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

00000/0: 63 (of 92)

000000: 1:03:19

0000:

00000: 3(of 4)

Senioren 4 (55-59 Jahre)

0000000: 1:27:25

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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	17:36	25:08	3	1:52	69	7:57	0.70	17:36	25:08	3	0:13	5	0:30
Schwimmen 0	0.70	17:36	25:08	3	0:13	5	0:30	0.70	17:36	25:08	3	0:13	5	0:30
Wechsel Schwim	0.05	2:40	53:19	1	-	59	1:28	0.75	20:16	27:01	3		5	0:33
Schwimmen 000	0.75	20:16	27:01	3		5	0:33	0.75	20:16	27:01	3		5	0:33
ZZ Rad	10.00	22:26	2:14	2	1:24	47	4:58	10.75	42:42	3:58	3	1:20	7	0:33
Rad Ende	10.00	20:31	2:03	2	1:13	50	5:32	20.75	1:03:13	3:02	3	2:33	5	0:29
Wechsel Rad-Lau	0.05	1:46	35:19	2	0:13	72	1:07	20.80	1:04:59	3:07	3	2:31	5	0:53
Rad 000	20.05	44:43	2:13	2	2:35	63	10:06	20.80	1:04:59	3:07	3	2:31	5	0:53
ZZ Lauf	2.50	12:55	5:09	3	1:41	68	4:04	23.30	1:17:54	3:20	3	2:35	6	2:36
Lauf	2.50	12:56	5:10	3	1:32	58	3:34	25.70	1:30:50	3:32	3	3:25	63	27:31