



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Morgenroth, Markus

□□□: 1:32:04

□□: TUS Elmerborg Altenbüren

□□: 198

□□: 25.70 km

□□□□□/□□□: 74 (of 116)

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

□□□□□/□: 67 (of 92)

□□□□□□: 1:03:19

□□□□:

□□□□□: 17(of 23)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:10:03

□□□□

□□□□

□□□

🏊	🏊 km	🏊 🕒	🏊 min/km	🏊 -	🏊 -	🏊 📏	🏊 📏	🏊🏊 km	🏊🏊 🕒	🏊🏊 min/km	🏊 -	🏊 -	🏊 📏	🏊 📏
Schwimmen	0.70	20:39	29:30	21	8:26	87	11:00	0.70	20:39	29:30	8	5:33	4	3:33
Schwimmen 🏊	0.70	20:39	29:30	8	5:33	4	3:33	0.70	20:39	29:30	8	5:33	4	3:33
Wechsel Schwim	0.05	2:51	57:00	16	1:26	63	1:39	0.75	23:30	31:19	8	5:28	4	3:47
Schwimmen 🏊🏊	0.75	23:30	31:19	8	5:28	4	3:47	0.75	23:30	31:19	8	5:28	4	3:47
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	42:15	4:13	22	27:16	89	27:16	20.75	1:05:45	3:10	8	7:41	4	3:01
Wechsel Rad-Lau	0.05	1:43	34:19	17	0:56	70	1:04	20.80	1:07:28	3:14	8	7:41	4	3:22
Rad 🏊🏊	20.05	43:58	2:11	15	8:07	54	9:21	20.80	1:07:28	3:14	8	7:41	4	3:22
ZZ Lauf	2.50	12:04	4:49	12	2:43	45	3:13	23.30	1:19:32	3:24	8	7:34	5	4:14
Lauf	2.50	12:32	5:00	13	2:45	48	3:10	25.70	1:32:04	3:34	17	22:01	67	28:45