



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Pelikan, Max

□□□: 1:32:47

□□: Bornheim

□□: 144

□□: 25.70 km

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

□□□□□/□□□: 78 (of 116)

□□□□□/□: 69 (of 92)

□□□□□□: 1:03:19

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 9(of 10)

□□□□□□□: 1:05:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	16:50	24:02	8	6:05	60	7:11	0.70	16:50	24:02	9	6:05	2	
Schwimmen □	0.70	16:50	24:02	9	6:05	2		0.70	16:50	24:02	9	6:05	2	
Wechsel Schwim	0.05	3:31	70:19	9	1:50	79	2:19	0.75	20:21	27:08	9	7:55	2	0:38
Schwimmen □□□	0.75	20:21	27:08	9	7:55	2	0:38	0.75	20:21	27:08	9	7:55	2	0:38
ZZ Rad	10.00	22:26	2:14	6	2:40	47	4:58	10.75	42:47	3:58	7	9:36	5	0:38
Rad Ende	10.00	20:14	2:01	6	2:23	47	5:15	20.75	1:03:01	3:02	9	16:43	2	0:17
Wechsel Rad-Lau	0.05	1:51	37:00	10	0:57	78	1:12	20.80	1:04:52	3:07	9	17:31	2	0:46
Rad □□□	20.05	44:31	2:13	8	9:36	61	9:54	20.80	1:04:52	3:07	9	17:31	2	0:46
ZZ Lauf	2.50	13:50	5:31	9	2:56	79	4:59	23.30	1:18:42	3:22	8	15:44	3	3:24
Lauf	2.50	14:05	5:38	9	2:47	75	4:43	25.70	1:32:47	3:36	9	27:19	69	29:28