



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Schlick, Klauspeter

000: 1:34:43

00: Köln

00: 153

00: 25.70 km

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

00000/000: 80 (of 116)

00000/0: 71 (of 92)

000000: 1:03:19

0000:

00000: 5(of 8)

AK2 männlich (25-29 Jahre)

0000000: 1:06:54

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.70	18:16	26:05	7	6:35	72	8:37	0.70	18:16	26:05	5	6:35	46	1:10
Schwimmen 0	0.70	18:16	26:05	5	6:35	46	1:10	0.70	18:16	26:05	5	6:35	46	1:10
Wechsel Schwim	0.05	3:59	79:39	8	2:36	86	2:47	0.75	22:15	29:40	5	9:11	46	2:32
Schwimmen 000	0.75	22:15	29:40	5	9:11	46	2:32	0.75	22:15	29:40	5	9:11	46	2:32
ZZ Rad	10.00	24:02	2:24	4	3:28	59	6:34	10.75	46:17	4:18	4	6:39	3	4:08
Rad Ende	10.00	22:19	2:13	6	3:08	65	7:20	20.75	1:08:36	3:18	5	20:24	46	5:52
Wechsel Rad-Lau	0.05	1:10	23:19	3	0:24	30	0:31	20.80	1:09:46	3:21	5	20:48	38	5:40
Rad 000	20.05	47:31	2:22	5	11:37	73	12:54	20.80	1:09:46	3:21	5	20:48	38	5:40
ZZ Lauf	2.50	12:31	5:00	3	1:38	58	3:40	23.30	1:22:17	3:31	4	11:26	12	6:59
Lauf	2.50	12:26	4:58	3	1:19	44	3:04	25.70	1:34:43	3:41	5	27:49	71	31:24