



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Zimmermann, Sven

□□□: 1:35:10

□□: LG Deiringsen

□□: 168

□□: 25.70 km

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

□□□□□/□□□: 83 (of 116)

□□□□□/□: 73 (of 92)

□□□□□□: 1:03:19

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 10(of 10)

□□□□□□□: 1:05:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	15:58	22:48	7	5:13	47	6:19	0.70	15:58	22:48	10	5:13	8		
Schwimmen □	0.70	15:58	22:48	10	5:13	8		0.70	15:58	22:48	10	5:13	8		
Wechsel Schwim	0.05	3:33	70:59	10	1:52	80	2:21	0.75	19:31	26:01	10	7:05	45		
Schwimmen □□□	0.75	19:31	26:01	10	7:05	45		0.75	19:31	26:01	10	7:05	45		
ZZ Rad	10.00	27:06	2:42	8	7:20	76	9:38	10.75	46:37	4:20	8	13:26	2	4:28	
Rad Ende	10.00	24:31	2:27	8	6:40	76	9:32	20.75	1:11:08	3:25	10	24:50	45	8:24	
Wechsel Rad-Lau	0.05	0:54	18:00	1	-	10	0:15	20.80	1:12:02	3:27	10	24:41	45	7:56	
Rad □□□	20.05	52:31	2:37	10	17:36	88	17:54	20.80	1:12:02	3:27	10	24:41	45	7:56	
ZZ Lauf	2.50	11:14	4:29	3	0:20	28	2:23	23.30	1:23:16	3:34	9	20:18	44	7:58	
Lauf	2.50	11:54	4:45	3	0:36	37	2:32	25.70	1:35:10	3:42	10	29:42	73	31:51	