



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Dunkel, Thomas

□□□: 2:30:27

□□: TSVE 1890 Bielefeld

□□: 306

□□: 55.40 km

□□□□□/□□□: 7 (of 71)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 7 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 1(of 9)

AK3 männlich (30-34 Jahre)

□□□□□□□: 2:30:27

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 1.40 | 29:19 | 20:56 | 6 | 5:16 | 37 | 8:30 | 1.40 | 29:19 | 20:56 | 1 | - | 38 | |
| Schwimmen □ | 1.40 | 29:19 | 20:56 | 1 | - | 38 | | 1.40 | 29:19 | 20:56 | 1 | - | 38 | |
| Wechsel Schwim | 0.05 | 2:03 | 40:59 | 2 | 0:05 | 7 | 0:38 | 1.45 | 31:22 | 21:37 | 1 | - | 38 | |
| Schwimmen □□□ | 1.45 | 31:22 | 21:37 | 1 | - | 38 | | 1.45 | 31:22 | 21:37 | 1 | - | 38 | |
| ZZ Rad | 11.00 | 17:44 | 1:36 | 1 | - | 1 | - | 12.45 | 49:06 | 3:56 | 1 | - | 35 | |
| ZZ Rad | 11.00 | fehlt! | - | - | - | - | - | 23.45 | - | - | - | - | - | - |
| ZZ Rad | 11.00 | fehlt! | - | - | - | - | - | 34.45 | - | - | - | - | - | - |
| Rad Ende | 11.00 | 58:25 | 5:18 | 8 | 40:08 | 56 | 42:00 | 45.45 | 1:47:31 | 2:21 | 1 | - | 38 | |
| Wechsel Rad-Lau | 0.05 | 1:20 | 26:39 | 3 | 0:08 | 9 | 0:21 | 45.50 | 1:48:51 | 2:23 | 1 | - | 38 | |
| Rad □□□ | 44.05 | 1:17:29 | 1:45 | 1 | - | 4 | 2:37 | 45.50 | 1:48:51 | 2:23 | 1 | - | 38 | |
| ZZ Lauf | 3.33 | 9:42 | 2:54 | 1 | - | 3 | 0:53 | 48.83 | 1:58:33 | 2:25 | 1 | - | 37 | |
| ZZ Lauf | 3.33 | fehlt! | - | - | - | - | - | 52.16 | - | - | - | - | - | - |
| Lauf | 3.33 | 31:54 | 9:34 | 8 | 21:27 | 55 | 22:43 | 55.40 | 2:30:27 | 2:42 | 1 | - | 7 | 12:53 |