



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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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	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	