



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Knaack, Benjamin

000: 1:35:05

00: Düsseldorf

00: 184

00: 25.70 km

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

00000/000: 82 (of 116)

00000/0: 72 (of 92)

000000: 1:03:19

0000:

00000: 6(of 8)

AK2 männlich (25-29 Jahre)

0000000: 1:06:54

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.70	16:46	23:57	3	5:05	59	7:07	0.70	16:46	23:57	6	5:05	44	
Schwimmen 0	0.70	16:46	23:57	6	5:05	44		0.70	16:46	23:57	6	5:05	44	
Wechsel Schwim	0.05	2:31	50:19	4	1:08	48	1:19	0.75	19:17	25:42	6	6:13	44	
Schwimmen 000	0.75	19:17	25:42	6	6:13	44		0.75	19:17	25:42	6	6:13	44	
ZZ Rad	10.00	24:59	2:29	6	4:25	67	7:31	10.75	44:16	4:07	5	4:38	11	2:07
Rad Ende	10.00	22:04	2:12	4	2:53	62	7:05	20.75	1:06:20	3:11	6	18:08	44	3:36
Wechsel Rad-Lau	0.05	1:32	30:40	7	0:46	64	0:53	20.80	1:07:52	3:15	6	18:54	44	3:46
Rad 000	20.05	48:35	2:25	7	12:41	76	13:58	20.80	1:07:52	3:15	6	18:54	44	3:46
ZZ Lauf	2.50	13:14	5:17	5	2:21	73	4:23	23.30	1:21:06	3:28	5	10:15	43	5:48
Lauf	2.50	13:59	5:35	5	2:52	73	4:37	25.70	1:35:05	3:41	6	28:11	72	31:46