



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Skowasch, Henryk

000: 1:37:46

00: RWE Starlight Team Essen

00: 113

00: 25.70 km

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

0000:

Senioren 2 (45-49 Jahre)

00000/000: 88 (of 116)

00000/0: 76 (of 92)

000000: 1:03:19

00000: 18(of 23)

0000000: 1:10:03

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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	16:23	23:24	17	4:10	56	6:44	0.70	16:23	23:24	7	1:17	41	
Schwimmen 0	0.70	16:23	23:24	7	1:17	41		0.70	16:23	23:24	7	1:17	41	
Wechsel Schwim	0.05	1:38	32:39	5	0:13	11	0:26	0.75	18:01	24:01	7		19	
Schwimmen 000	0.75	18:01	24:01	7		19		0.75	18:01	24:01	7		19	
ZZ Rad	10.00	25:48	2:34	18	7:36	73	8:20	10.75	43:49	4:04	7	4:42	38	1:40
Rad Ende	10.00	22:04	2:12	15	7:05	62	7:05	20.75	1:05:53	3:10	7	7:49	41	3:09
Wechsel Rad-Lau	0.05	1:29	29:40	14	0:42	60	0:50	20.80	1:07:22	3:14	7	7:35	41	3:16
Rad 000	20.05	49:21	2:27	20	13:30	79	14:44	20.80	1:07:22	3:14	7	7:35	41	3:16
ZZ Lauf	2.50	15:05	6:01	22	5:44	83	6:14	23.30	1:22:27	3:32	7	10:29	40	7:09
Lauf	2.50	15:19	6:07	22	5:32	82	5:57	25.70	1:37:46	3:48	18	27:43	76	34:27