



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Luckey, Michael

000: 1:38:14

00: TuS Heinrichsthal-Wehrstapel

00: 203

00: 25.70 km

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

00000/000: 89 (of 116)

00000/0: 77 (of 92)

000000: 1:03:19

0000:

00000: 12(of 16)

Senioren 1 (40-44 Jahre)

0000000: 1:12:49

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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	19:02	27:11	12	5:48	74	9:23	0.70	19:02	27:11	12	5:32	39	1:56
Schwimmen 0	0.70	19:02	27:11	12	5:32	39	1:56	0.70	19:02	27:11	12	5:32	39	1:56
Wechsel Schwim	0.05	3:35	71:40	15	2:07	81	2:23	0.75	22:37	30:09	12	7:22	40	2:54
Schwimmen 000	0.75	22:37	30:09	12	7:22	40	2:54	0.75	22:37	30:09	12	7:22	40	2:54
ZZ Rad	10.00	25:38	2:33	12	7:25	72	8:10	10.75	48:15	4:29	10	13:46	37	6:06
Rad Ende	10.00	23:35	2:21	14	6:25	74	8:36	20.75	1:11:50	3:27	12	20:36	40	9:06
Wechsel Rad-Lau	0.05	1:10	23:19	5	0:09	30	0:31	20.80	1:13:00	3:30	12	20:33	40	8:54
Rad 000	20.05	50:23	2:30	14	13:48	83	15:46	20.80	1:13:00	3:30	12	20:33	40	8:54
ZZ Lauf	2.50	12:19	4:55	9	2:19	50	3:28	23.30	1:25:19	3:39	12	22:52	39	10:01
Lauf	2.50	12:55	5:09	10	2:33	57	3:33	25.70	1:38:14	3:49	12	25:25	77	34:55