



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Essfeld, Sebastian

□□□: 1:38:42

□□: Arnsberg

□□: 102

□□: 25.70 km

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

□□□□□/□□□: 90 (of 116)

□□□□□/□: 78 (of 92)

□□□□□□: 1:03:19

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 8(of 8)

□□□□□□□: 1:06:54

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□□□□

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen       | 0.70     | 19:02    | 27:11        | 8       | 7:21    | 74      | 9:23    | 0.70  | 19:02     | 27:11     | 8             | 7:21    | 39      | 1:56    |         |
| Schwimmen □     | 0.70     | 19:02    | 27:11        | 8       | 7:21    | 39      | 1:56    | 0.70  | 19:02     | 27:11     | 8             | 7:21    | 39      | 1:56    |         |
| Wechsel Schwim  | 0.05     | 2:20     | 46:39        | 3       | 0:57    | 40      | 1:08    | 0.75  | 21:22     | 28:29     | 8             | 8:18    | 39      | 1:39    |         |
| Schwimmen □□□   | 0.75     | 21:22    | 28:29        | 8       | 8:18    | 39      | 1:39    | 0.75  | 21:22     | 28:29     | 8             | 8:18    | 39      | 1:39    |         |
| ZZ Rad          | 10.00    | 24:32    | 2:27         | 5       | 3:58    | 64      | 7:04    | 10.75 | 45:54     | 4:16      | 7             | 6:16    | 36      | 3:45    |         |
| Rad Ende        | 10.00    | 22:14    | 2:13         | 5       | 3:03    | 64      | 7:15    | 20.75 | 1:08:08   | 3:17      | 8             | 19:56   | 39      | 5:24    |         |
| Wechsel Rad-Lau | 0.05     | 1:12     | 23:59        | 5       | 0:26    | 38      | 0:33    | 20.80 | 1:09:20   | 3:19      | 8             | 20:22   | 39      | 5:14    |         |
| Rad □□□         | 20.05    | 47:58    | 2:23         | 6       | 12:04   | 74      | 13:21   | 20.80 | 1:09:20   | 3:19      | 8             | 20:22   | 39      | 5:14    |         |
| ZZ Lauf         | 2.50     | 13:59    | 5:35         | 7       | 3:06    | 80      | 5:08    | 23.30 | 1:23:19   | 3:34      | 7             | 12:28   | 38      | 8:01    |         |
| Lauf            | 2.50     | 15:23    | 6:09         | 7       | 4:16    | 83      | 6:01    | 25.70 | 1:38:42   | 3:50      | 8             | 31:48   | 78      | 35:23   |         |