



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Hänel, Jan Moritz

□□□: 2:34:11

□□: SG Welper

□□: 380

□□: 55.40 km

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□□□: 10 (of 71)

□□□□□/□: 10 (of 61)

□□□□□□: 2:17:34

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 1(of 2)

□□□□□□□: 2:34:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	22:57	16:23	1	-	6	2:08	1.40	22:57	16:23	1	-	41		
Schwimmen □	1.40	22:57	16:23	1	-	41		1.40	22:57	16:23	1	-	41		
Wechsel Schwim	0.05	2:11	43:39	1	-	13	0:46	1.45	25:08	17:19	1	-	41		
Schwimmen □□□	1.45	25:08	17:19	1	-	41		1.45	25:08	17:19	1	-	41		
ZZ Rad	11.00	19:54	1:48	1	-	15	2:10	12.45	45:02	3:37	1	-	38		
ZZ Rad	11.00	22:10	2:00	1	-	10	2:02	23.45	1:07:12	2:51	1	-	36		
ZZ Rad	11.00	21:59	1:59	1	-	8	1:49	34.45	1:29:11	2:35	1	-	30		
Rad Ende	11.00	18:38	1:41	1	-	15	2:13	45.45	1:47:49	2:22	1	-	41		
Wechsel Rad-Lau	0.05	1:10	23:19	1	-	4	0:11	45.50	1:48:59	2:23	1	-	41		
Rad □□□	44.05	1:23:51	1:54	1	-	13	8:59	45.50	1:48:59	2:23	1	-	41		
ZZ Lauf	3.33	9:53	2:58	1	-	4	1:04	48.83	1:58:52	2:26	1	-	40		
ZZ Lauf	3.33	23:04	6:55	2	0:59	10	3:44	52.16	2:21:56	2:43	1	-	29		
Lauf	3.33	12:15	3:40	2	1:10	21	3:04	55.40	2:34:11	2:46	1	-	10	16:37	