



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Knapp, Wolfgang

000: 1:39:39

00: Meschede

00: 215

00: 25.70 km

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

00000/000: 93 (of 116)

00000/0: 80 (of 92)

000000: 1:03:19

0000:

00000: 20(of 23)

Senioren 2 (45-49 Jahre)

0000000: 1:10:03

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.70	21:35	30:49	22	9:22	89	11:56	0.70	21:35	30:49	5	6:29	37	4:29
Schwimmen 0	0.70	21:35	30:49	5	6:29	37	4:29	0.70	21:35	30:49	5	6:29	37	4:29
Wechsel Schwim	0.05	3:22	67:19	19	1:57	76	2:10	0.75	24:57	33:15	5	6:55	37	5:14
Schwimmen 000	0.75	24:57	33:15	5	6:55	37	5:14	0.75	24:57	33:15	5	6:55	37	5:14
ZZ Rad	10.00	25:26	2:32	16	7:14	69	7:58	10.75	50:23	4:41	5	11:16	34	8:14
Rad Ende	10.00	22:25	2:14	16	7:26	66	7:26	20.75	1:12:48	3:30	5	14:44	37	10:04
Wechsel Rad-Lau	0.05	1:14	24:40	8	0:27	41	0:35	20.80	1:14:02	3:33	5	14:15	37	9:56
Rad 000	20.05	49:05	2:26	19	13:14	78	14:28	20.80	1:14:02	3:33	5	14:15	37	9:56
ZZ Lauf	2.50	12:19	4:55	16	2:58	50	3:28	23.30	1:26:21	3:42	5	14:23	36	11:03
Lauf	2.50	13:18	5:19	17	3:31	65	3:56	25.70	1:39:39	3:52	20	29:36	80	36:20