



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Klein, Christoph

000: 2:34:52

00: TV Attendorf TRI-TIME

00: 310

00: 55.40 km

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

00000/000: 11 (of 71)

00000/0: 11 (of 61)

000000: 2:17:34

0000:

Senioren 1 (40-44 Jahre)

00000: 3(of 13)

0000000: 2:24:19

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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	1.40	27:58	19:58	7	4:27	24	7:09	1.40	27:58	19:58	3	4:27	42	
Schwimmen 0	1.40	27:58	19:58	3	4:27	42		1.40	27:58	19:58	3	4:27	42	
Wechsel Schwim	0.05	2:29	49:39	7	1:04	25	1:04	1.45	30:27	21:00	3	5:04	42	
Schwimmen 000	1.45	30:27	21:00	3	5:04	42		1.45	30:27	21:00	3	5:04	42	
ZZ Rad	11.00	19:23	1:45	2	1:17	9	1:39	12.45	49:50	4:00	2	6:21	39	
ZZ Rad	11.00	22:41	2:03	2	2:10	17	2:33	23.45	1:12:31	3:05	2	8:31	37	
ZZ Rad	11.00	22:49	2:04	3	1:48	12	2:39	34.45	1:35:20	2:46	2	10:19	31	
Rad Ende	11.00	18:22	1:40	2	1:19	11	1:57	45.45	1:53:42	2:30	3	11:38	42	
Wechsel Rad-Lau	0.05	1:28	29:19	3	0:17	17	0:29	45.50	1:55:10	2:31	3	11:55	42	
Rad 000	44.05	1:24:43	1:55	3	8:10	14	9:51	45.50	1:55:10	2:31	3	11:55	42	
ZZ Lauf	3.33	9:29	2:50	1	-	2	0:40	48.83	2:04:39	2:33	3		41	
ZZ Lauf	3.33	19:47	5:56	1	-	2	0:27	52.16	2:24:26	2:46	1	-	30	
Lauf	3.33	10:26	3:07	1	-	4	1:15	55.40	2:34:52	2:47	3	10:33	11	17:18