



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Klein, Christoph

□□□: 2:34:52

□□: TV Attendorn TRI-TIME

□□: 310

□□: 55.40 km

□□□□□/□□□: 11 (of 71)

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

□□□□□/□: 11 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 3(of 13)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:24:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	27:58	19:58	7	4:27	24	7:09	1.40	27:58	19:58	3	4:27	42		
Schwimmen □	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 □□□	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 □□□	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	