



6. ITH Hennessee Triathlon

Meschede / 06.07.2013

0000

Moseler, Thomas

000: 1:40:18

00: Hannover

00: 120

00: 25.70 km

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

00000/000: 95 (of 116)

00000/0: 82 (of 92)

000000: 1:03:19

0000:

00000: 21(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	20:22	29:05	20	8:09	84	10:43	0.70	20:22	29:05	4	5:16	35	3:16
Schwimmen 0	0.70	20:22	29:05	4	5:16	35	3:16	0.70	20:22	29:05	4	5:16	35	3:16
Wechsel Schwim	0.05	4:03	80:59	22	2:38	87	2:51	0.75	24:25	32:33	4	6:23	35	4:42
Schwimmen 000	0.75	24:25	32:33	4	6:23	35	4:42	0.75	24:25	32:33	4	6:23	35	4:42
ZZ Rad	10.00	25:28	2:32	17	7:16	70	8:00	10.75	49:53	4:38	4	10:46	32	7:44
Rad Ende	10.00	23:10	2:19	18	8:11	72	8:11	20.75	1:13:03	3:31	4	14:59	35	10:19
Wechsel Rad-Lau	0.05	1:56	38:39	20	1:09	81	1:17	20.80	1:14:59	3:36	4	15:12	35	10:53
Rad 000	20.05	50:34	2:31	21	14:43	84	15:57	20.80	1:14:59	3:36	4	15:12	35	10:53
ZZ Lauf	2.50	12:34	5:01	17	3:13	59	3:43	23.30	1:27:33	3:45	4	15:35	23	12:15
Lauf	2.50	12:45	5:05	15	2:58	54	3:23	25.70	1:40:18	3:54	21	30:15	82	36:59