



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Funke, Heinz

000: 1:40:44

00: SC Borcheln

00: 196

00: 25.70 km

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

00000/000: 97 (of 116)

00000/0: 84 (of 92)

000000: 1:03:19

0000:

Senioren 7 (70-74 Jahre)

00000: 1(of 2)

0000000: 1:40:44

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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	0.70	20:23	29:07	2	3:48	85	10:44	0.70	20:23	29:07	1	-	34	3:17
Schwimmen 0	0.70	20:23	29:07	1	-	34	3:17	0.70	20:23	29:07	1	-	34	3:17
Wechsel Schwim	0.05	3:30	70:00	1	-	78	2:18	0.75	23:53	31:50	1	-	34	4:10
Schwimmen 000	0.75	23:53	31:50	1	-	34	4:10	0.75	23:53	31:50	1	-	34	4:10
ZZ Rad	10.00	24:11	2:25	1	-	61	6:43	10.75	48:04	4:28	1	-	21	5:55
Rad Ende	10.00	21:16	2:07	1	-	58	6:17	20.75	1:09:20	3:20	1	-	34	6:36
Wechsel Rad-Lau	0.05	1:50	36:39	1	-	76	1:11	20.80	1:11:10	3:25	1	-	34	7:04
Rad 000	20.05	47:17	2:21	1	-	72	12:40	20.80	1:11:10	3:25	1	-	34	7:04
ZZ Lauf	2.50	14:38	5:51	1	-	82	5:47	23.30	1:25:48	3:40	1	-	33	10:30
Lauf	2.50	14:56	5:58	1	-	79	5:34	25.70	1:40:44	3:55	1	-	84	37:25