



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Lambertz, Jörg

□□□: 1:41:27

□□: ErgoSports

□□: 175

□□: 25.70 km

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

□□□□□/□□□: 99 (of 116)

□□□□□/□: 85 (of 92)

□□□□□□: 1:03:19

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 14(of 16)

□□□□□□□: 1:12:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	19:29	27:50	14	6:15	81	9:50	0.70	19:29	27:50	14	5:59	32	2:23	
Schwimmen □	0.70	19:29	27:50	14	5:59	32	2:23	0.70	19:29	27:50	14	5:59	32	2:23	
Wechsel Schwim	0.05	3:27	69:00	14	1:59	77	2:15	0.75	22:56	30:34	14	7:41	32	3:13	
Schwimmen □□□	0.75	22:56	30:34	14	7:41	32	3:13	0.75	22:56	30:34	14	7:41	32	3:13	
ZZ Rad	10.00	26:44	2:40	13	8:31	75	9:16	10.75	49:40	4:37	12	15:11	29	7:31	
Rad Ende	10.00	22:55	2:17	12	5:45	69	7:56	20.75	1:12:35	3:29	14	21:21	32	9:51	
Wechsel Rad-Lau	0.05	2:10	43:19	15	1:09	90	1:31	20.80	1:14:45	3:35	14	22:18	32	10:39	
Rad □□□	20.05	51:49	2:35	15	15:14	85	17:12	20.80	1:14:45	3:35	14	22:18	32	10:39	
ZZ Lauf	2.50	12:53	5:09	12	2:53	66	4:02	23.30	1:27:38	3:45	14	25:11	31	12:20	
Lauf	2.50	13:49	5:31	13	3:27	72	4:27	25.70	1:41:27	3:56	14	28:38	85	38:08	