



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Blissenbach, Gerd

000: 2:37:16

00: SV Bergisch Gladbach

00: 349

00: 55.40 km

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

00000/000: 14 (of 71)

00000/0: 14 (of 61)

000000: 2:17:34

0000:

Senioren 3 (50-54 Jahre)

00000: 1(of 9)

0000000: 2:37:16

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0000

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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 | 25:39 | 18:19 | 2 | 2:37 | 15 | 4:50 | 1.40 | 25:39 | 18:19 | 1 | - | 45 | |
| Schwimmen 0 | 1.40 | 25:39 | 18:19 | 1 | - | 45 | | 1.40 | 25:39 | 18:19 | 1 | - | 45 | |
| Wechsel Schwim | 0.05 | 2:05 | 41:39 | 1 | - | 9 | 0:40 | 1.45 | 27:44 | 19:07 | 1 | - | 45 | |
| Schwimmen 000 | 1.45 | 27:44 | 19:07 | 1 | - | 45 | | 1.45 | 27:44 | 19:07 | 1 | - | 45 | |
| ZZ Rad | 11.00 | 19:39 | 1:47 | 1 | - | 11 | 1:55 | 12.45 | 47:23 | 3:48 | 1 | - | 42 | |
| ZZ Rad | 11.00 | 21:48 | 1:58 | 1 | - | 7 | 1:40 | 23.45 | 1:09:11 | 2:57 | 1 | - | 40 | |
| ZZ Rad | 11.00 | 21:58 | 1:59 | 1 | - | 7 | 1:48 | 34.45 | 1:31:09 | 2:38 | 1 | - | 34 | |
| Rad Ende | 11.00 | 18:24 | 1:40 | 1 | - | 12 | 1:59 | 45.45 | 1:49:33 | 2:24 | 1 | - | 45 | |
| Wechsel Rad-Lau | 0.05 | 1:39 | 32:59 | 3 | 0:22 | 27 | 0:40 | 45.50 | 1:51:12 | 2:26 | 1 | - | 45 | |
| Rad 000 | 44.05 | 1:23:28 | 1:53 | 1 | - | 11 | 8:36 | 45.50 | 1:51:12 | 2:26 | 1 | - | 45 | |
| ZZ Lauf | 3.33 | 11:17 | 3:23 | 3 | 0:14 | 19 | 2:28 | 48.83 | 2:02:29 | 2:30 | 1 | - | 43 | |
| ZZ Lauf | 3.33 | 23:01 | 6:54 | 1 | - | 9 | 3:41 | 52.16 | 2:25:30 | 2:47 | 1 | - | 32 | |
| Lauf | 3.33 | 11:46 | 3:32 | 2 | 0:09 | 13 | 2:35 | 55.40 | 2:37:16 | 2:50 | 1 | - | 14 | 19:42 |