



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Kower, Oliver

□□□: 2:37:11

□□: SV Bayer 08

□□: 346

□□: 55.40 km

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

□□□□□/□□□: 13 (of 71)

□□□□□/□: 13 (of 61)

□□□□□□: 2:17:34

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 4(of 9)

□□□□□□□: 2:30:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	24:59	17:50	3	0:56	12	4:10	1.40	24:59	17:50	4	-	46	
Schwimmen □	1.40	24:59	17:50	4	-		46	1.40	24:59	17:50	4	-	46	
Wechsel Schwim	0.05	1:58	39:19	1	-	4	0:33	1.45	26:57	18:35	4	-	46	
Schwimmen □□□	1.45	26:57	18:35	4	-		46	1.45	26:57	18:35	4	-	46	
ZZ Rad	11.00	19:59	1:49	3	2:15	16	2:15	12.45	46:56	3:46	4	-	43	
ZZ Rad	11.00	22:21	2:01	2	0:14	13	2:13	23.45	1:09:17	2:57	3	-	41	
ZZ Rad	11.00	22:27	2:02	1	-	9	2:17	34.45	1:31:44	2:39	2	-	35	
Rad Ende	11.00	18:42	1:42	3	0:25	17	2:17	45.45	1:50:26	2:25	4	2:55	46	
Wechsel Rad-Lau	0.05	1:22	27:19	4	0:10	12	0:23	45.50	1:51:48	2:27	4	2:57	46	
Rad □□□	44.05	1:24:51	1:55	3	7:22	15	9:59	45.50	1:51:48	2:27	4	2:57	46	
ZZ Lauf	3.33	10:28	3:08	4	0:46	9	1:39	48.83	2:02:16	2:30	4	3:43	44	
ZZ Lauf	3.33	22:59	6:54	3	1:52	8	3:39	52.16	2:25:15	2:47	3	3:22	33	
Lauf	3.33	11:56	3:35	3	1:29	16	2:45	55.40	2:37:11	2:50	4	6:44	13	19:37