



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Hempelmann, Michael

000: 1:43:21

00: LAC Veltins Hochsauerland TV Arnsberg

00: 133

00: 25.70 km

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

0000:

AK4 männlich (35-39 Jahre)

00000/000: 104 (of 116)

00000/0: 88 (of 92)

000000: 1:03:19

00000: 7(of 8)

0000000: 1:07:26

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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	25:07	35:52	8	13:05	92	15:28	0.70	25:07	35:52	7	13:05	30	8:01
Schwimmen 0	0.70	25:07	35:52	7	13:05	30	8:01	0.70	25:07	35:52	7	13:05	30	8:01
Wechsel Schwim	0.05	3:52	77:19	7	2:15	83	2:40	0.75	28:59	38:38	7	15:14	30	9:16
Schwimmen 000	0.75	28:59	38:38	7	15:14	30	9:16	0.75	28:59	38:38	7	15:14	30	9:16
ZZ Rad	10.00	24:39	2:27	6	5:16	65	7:11	10.75	53:38	4:59	6	15:02	27	11:29
Rad Ende	10.00	21:42	2:10	6	3:59	60	6:43	20.75	1:15:20	3:37	7	27:14	30	12:36
Wechsel Rad-Lau	0.05	2:00	40:00	8	1:13	85	1:21	20.80	1:17:20	3:43	7	28:27	30	13:14
Rad 000	20.05	48:21	2:24	7	13:13	75	13:44	20.80	1:17:20	3:43	7	28:27	30	13:14
ZZ Lauf	2.50	12:42	5:04	6	3:51	63	3:51	23.30	1:30:02	3:51	6	22:28	29	14:44
Lauf	2.50	13:19	5:19	6	3:57	66	3:57	25.70	1:43:21	4:01	7	35:55	88	40:02