



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Schmidt, Andreas

000: 1:43:09

00: Meschede

00: 222

00: 25.70 km

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

00000/000: 103 (of 116)

00000/0: 87 (of 92)

000000: 1:03:19

0000:

00000: 15(of 16)

Senioren 1 (40-44 Jahre)

0000000: 1:12:49

0000

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	0.70	22:13	31:44	16	8:59	90	12:34	0.70	22:13	31:44	15	8:43	29	5:07
Schwimmen 0	0.70	22:13	31:44	15	8:43	29	5:07	0.70	22:13	31:44	15	8:43	29	5:07
Wechsel Schwim	0.05	3:06	62:00	13	1:38	69	1:54	0.75	25:19	33:45	15	10:04	29	5:36
Schwimmen 000	0.75	25:19	33:45	15	10:04	29	5:36	0.75	25:19	33:45	15	10:04	29	5:36
ZZ Rad	10.00	22:31	2:15	8	4:18	49	5:03	10.75	47:50	4:26	13	13:21	26	5:41
Rad Ende	10.00	20:56	2:05	9	3:46	54	5:57	20.75	1:08:46	3:18	15	17:32	29	6:02
Wechsel Rad-Lau	0.05	1:46	35:19	13	0:45	72	1:07	20.80	1:10:32	3:23	15	18:05	29	6:26
Rad 000	20.05	45:13	2:15	11	8:38	64	10:36	20.80	1:10:32	3:23	15	18:05	29	6:26
ZZ Lauf	2.50	15:46	6:18	15	5:46	86	6:55	23.30	1:26:18	3:42	15	23:51	28	11:00
Lauf	2.50	16:51	6:44	15	6:29	87	7:29	25.70	1:43:09	4:00	15	30:20	87	39:50