



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Querdel, Christoph

□□□: 2:40:59

□□: BTC Herne

□□: 369

□□: 55.40 km

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

□□□□□/□□□: 16 (of 71)

□□□□□/□: 16 (of 61)

□□□□□□: 2:17:34

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 3(of 8)

□□□□□□□: 2:17:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	31:45	22:40	8	10:30	49	10:56	1.40	31:45	22:40	3	10:30	48	0:42	
Schwimmen □	1.40	31:45	22:40	3	10:30	48	0:42	1.40	31:45	22:40	3	10:30	48	0:42	
Wechsel Schwim	0.05	2:03	40:59	2	0:27	7	0:38	1.45	33:48	23:18	3	10:57	48	0:12	
Schwimmen □□□	1.45	33:48	23:18	3	10:57	48	0:12	1.45	33:48	23:18	3	10:57	48	0:12	
ZZ Rad	11.00	19:00	1:43	3	0:34	7	1:16	12.45	52:48	4:14	3	11:31	44		
ZZ Rad	11.00	22:10	2:00	3	1:19	10	2:02	23.45	1:14:58	3:11	3	12:50	42		
ZZ Rad	11.00	22:47	2:04	3	1:32	10	2:37	34.45	1:37:45	2:50	3	14:22	36		
Rad Ende	11.00	18:17	1:39	3	0:41	8	1:52	45.45	1:56:02	2:33	3	15:03	48		
Wechsel Rad-Lau	0.05	1:20	26:39	2	0:17	9	0:21	45.50	1:57:22	2:34	3	15:20	48		
Rad □□□	44.05	1:23:34	1:53	3	4:23	12	8:42	45.50	1:57:22	2:34	3	15:20	48		
ZZ Lauf	3.33	10:04	3:01	2	1:15	7	1:15	48.83	2:07:26	2:36	3		31		
ZZ Lauf	3.33	21:43	6:31	2	2:23	4	2:23	52.16	2:29:09	2:51	2	14:48	34		
Lauf	3.33	11:50	3:33	4	2:39	15	2:39	55.40	2:40:59	2:54	3	23:25	16	23:25	