



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Stapelbroek, Dieter

□□□: 2:41:34

□□: DJK Coesfeld

□□: 305

□□: 55.40 km

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

□□□□□/□□□: 17 (of 71)

□□□□□/□: 17 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 2(of 13)

□□□□□□□: 2:24:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	26:48	19:08	4	5:08	19	5:59	1.40	26:48	19:08	3	1:50	49		
Schwimmen □	1.40	26:48	19:08	3	1:50	49		1.40	26:48	19:08	3	1:50	49		
Wechsel Schwim	0.05	2:29	49:39	4	0:24	25	1:04	1.45	29:17	20:11	3	2:14	49		
Schwimmen □□□	1.45	29:17	20:11	3	2:14	49		1.45	29:17	20:11	3	2:14	49		
ZZ Rad	11.00	20:52	1:53	3	0:34	25	3:08	12.45	50:09	4:01	3		30		
ZZ Rad	11.00	22:19	2:01	2	2:08	12	2:11	23.45	1:12:28	3:05	3		29		
ZZ Rad	11.00	23:04	2:05	2	0:13	16	2:54	34.45	1:35:32	2:46	2		25		
Rad Ende	11.00	18:49	1:42	2	2:24	19	2:24	45.45	1:54:21	2:30	3	13:46	49		
Wechsel Rad-Lau	0.05	1:26	28:39	3	0:06	15	0:27	45.50	1:55:47	2:32	3	13:52	49		
Rad □□□	44.05	1:26:30	1:57	2	11:38	18	11:38	45.50	1:55:47	2:32	3	13:52	49		
ZZ Lauf	3.33	10:51	3:15	1	-	11	2:02	48.83	2:06:38	2:35	2		47		
ZZ Lauf	3.33	22:52	6:52	1	-	7	3:32	52.16	2:29:30	2:51	1	-	35		
Lauf	3.33	12:04	3:37	2	0:59	17	2:53	55.40	2:41:34	2:54	2	16:54	17	24:00	