



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Weilguni, Herbert

□□□: 2:41:43

□□: Tri Power Rhein-Sieg

□□: 365

□□: 55.40 km

□□□□□/□□□: 18 (of 71)

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

□□□□□/□: 18 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 1(of 4)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:41:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	25:05	17:55	1	-	14	4:16	1.40	25:05	17:55	1	-	50		
Schwimmen □	1.40	25:05	17:55	1	-	50		1.40	25:05	17:55	1	-	50		
Wechsel Schwim	0.05	2:14	44:39	1	-	14	0:49	1.45	27:19	18:50	1	-	50		
Schwimmen □□□	1.45	27:19	18:50	1	-	50		1.45	27:19	18:50	1	-	50		
ZZ Rad	11.00	18:22	1:40	1	-	4	0:38	12.45	45:41	3:40	1	-	46		
ZZ Rad	11.00	21:30	1:57	1	-	6	1:22	23.45	1:07:11	2:51	1	-	44		
ZZ Rad	11.00	21:50	1:59	1	-	5	1:40	34.45	1:29:01	2:35	1	-	38		
Rad Ende	11.00	18:04	1:38	1	-	7	1:39	45.45	1:47:05	2:21	1	-	50		
Wechsel Rad-Lau	0.05	1:43	34:19	1	-	30	0:44	45.50	1:48:48	2:23	1	-	50		
Rad □□□	44.05	1:21:29	1:50	1	-	8	6:37	45.50	1:48:48	2:23	1	-	50		
ZZ Lauf	3.33	11:41	3:30	1	-	29	2:52	48.83	2:00:29	2:28	1	-	48		
ZZ Lauf	3.33	27:05	8:07	1	-	35	7:45	52.16	2:27:34	2:49	1	-	36		
Lauf	3.33	14:09	4:14	2	0:33	46	4:58	55.40	2:41:43	2:55	1	-	18	24:09	