



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Brüchert-Pastor, Nils

□□□: 2:45:26

□□: PV Triathlon Witten

□□: 366

□□: 55.40 km

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

□□□□□/□□□: 19 (of 71)

□□□□□/□: 19 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 5(of 13)

□□□□□□□: 2:24:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	26:54	19:12	5	3:23	20	6:05	1.40	26:54	19:12	5	3:23	51	
Schwimmen □	1.40	26:54	19:12	5	3:23	51		1.40	26:54	19:12	5	3:23	51	
Wechsel Schwim	0.05	2:25	48:19	5	1:00	18	1:00	1.45	29:19	20:13	5	3:56	51	
Schwimmen □□□	1.45	29:19	20:13	5	3:56	51		1.45	29:19	20:13	5	3:56	51	
ZZ Rad	11.00	20:42	1:52	4	2:36	22	2:58	12.45	50:01	4:01	3	6:32	47	
ZZ Rad	11.00	23:18	2:07	5	2:47	22	3:10	23.45	1:13:19	3:07	3	9:19	45	
ZZ Rad	11.00	23:06	2:06	4	2:05	17	2:56	34.45	1:36:25	2:47	3	11:24	39	
Rad Ende	11.00	18:39	1:41	4	1:36	16	2:14	45.45	1:55:04	2:31	5	13:00	51	
Wechsel Rad-Lau	0.05	1:37	32:19	7	0:26	24	0:38	45.50	1:56:41	2:33	5	13:26	51	
Rad □□□	44.05	1:27:22	1:59	6	10:49	25	12:30	45.50	1:56:41	2:33	5	13:26	51	
ZZ Lauf	3.33	11:12	3:21	4	1:43	16	2:23	48.83	2:07:53	2:37	5		49	
ZZ Lauf	3.33	24:27	7:20	4	4:40	21	5:07	52.16	2:32:20	2:55	2	7:54	37	
Lauf	3.33	13:06	3:56	8	2:40	34	3:55	55.40	2:45:26	2:59	5	21:07	19	27:52