



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Kemper, Christoph

□□□: 2:45:31

□□: Tri-Sport Menden

□□: 334

□□: 55.40 km

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

□□□□□/□□□: 20 (of 71)

□□□□□/□: 20 (of 61)

□□□□□□: 2:17:34

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 4(of 8)

□□□□□□□: 2:17:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	28:12	20:08	4	6:57	27	7:23	1.40	28:12	20:08	4	6:57	52	
Schwimmen □	1.40	28:12	20:08	4	6:57	52		1.40	28:12	20:08	4	6:57	52	
Wechsel Schwim	0.05	3:17	65:39	7	1:41	48	1:52	1.45	31:29	21:42	4	8:38	52	
Schwimmen □□□	1.45	31:29	21:42	4	8:38	52		1.45	31:29	21:42	4	8:38	52	
ZZ Rad	11.00	19:40	1:47	5	1:14	12	1:56	12.45	51:09	4:06	4	9:52	48	
ZZ Rad	11.00	23:35	2:08	5	2:44	26	3:27	23.45	1:14:44	3:11	4	12:36	46	
ZZ Rad	11.00	22:55	2:05	4	1:40	14	2:45	34.45	1:37:39	2:50	4	14:16	40	
Rad Ende	11.00	18:19	1:39	4	0:43	10	1:54	45.45	1:55:58	2:33	4	14:59	52	
Wechsel Rad-Lau	0.05	2:05	41:39	7	1:02	49	1:06	45.50	1:58:03	2:35	4	16:01	52	
Rad □□□	44.05	1:26:34	1:57	4	7:23	19	11:42	45.50	1:58:03	2:35	4	16:01	52	
ZZ Lauf	3.33	11:21	3:24	4	2:32	23	2:32	48.83	2:09:24	2:39	4	1:01	50	
ZZ Lauf	3.33	24:03	7:13	4	4:43	19	4:43	52.16	2:33:27	2:56	3	19:06	26	
Lauf	3.33	12:04	3:37	5	2:53	17	2:53	55.40	2:45:31	2:59	4	27:57	20	27:57