



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Hübner, Kay

□□□: 1:51:24

□□: Gladbeck

□□: 205

□□: 25.70 km

Volksdistanz (0,70-20,00-5,00)

□□□□□/□□□: 113 (of 116)

□□□□□/□: 91 (of 92)

□□□□□□: 1:03:19

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 16(of 16)

□□□□□□□: 1:12:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	19:33	27:55	15	6:19	83	9:54	0.70	19:33	27:55	16	6:03	26	2:27	
Schwimmen □	0.70	19:33	27:55	16	6:03	26	2:27	0.70	19:33	27:55	16	6:03	26	2:27	
Wechsel Schwim	0.05	1:28	29:19	1	-	6	0:16	0.75	21:01	28:01	16	5:46	26	1:18	
Schwimmen □□□	0.75	21:01	28:01	16	5:46	26	1:18	0.75	21:01	28:01	16	5:46	26	1:18	
ZZ Rad	10.00	29:19	2:55	14	11:06	80	11:51	10.75	50:20	4:40	14	15:51	23	8:11	
Rad Ende	10.00	23:20	2:19	13	6:10	73	8:21	20.75	1:13:40	3:33	16	22:26	26	10:56	
Wechsel Rad-Lau	0.05	2:15	45:00	16	1:14	91	1:36	20.80	1:15:55	3:38	16	23:28	26	11:49	
Rad □□□	20.05	54:54	2:44	16	18:19	89	20:17	20.80	1:15:55	3:38	16	23:28	26	11:49	
ZZ Lauf	2.50	17:31	7:00	16	7:31	88	8:40	23.30	1:33:26	4:00	16	30:59	25	18:08	
Lauf	2.50	17:58	7:11	16	7:36	90	8:36	25.70	1:51:24	4:20	16	38:35	91	48:05	