



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Lonnes, Markus

□□□: 2:47:18

□□: Kaarst

□□: 329

□□: 55.40 km

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

□□□□□/□□□: 21 (of 71)

□□□□□/□: 21 (of 61)

□□□□□□: 2:17:34

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 5(of 8)

□□□□□□□: 2:17:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	28:03	20:02	3	6:48	26	7:14	1.40	28:03	20:02	5	6:48	53		
Schwimmen □	1.40	28:03	20:02	5	6:48	53		1.40	28:03	20:02	5	6:48	53		
Wechsel Schwim	0.05	2:41	53:39	6	1:05	30	1:16	1.45	30:44	21:11	5	7:53	53		
Schwimmen □□□	1.45	30:44	21:11	5	7:53	53		1.45	30:44	21:11	5	7:53	53		
ZZ Rad	11.00	46:07	4:11	8	27:41	58	28:23	12.45	1:16:51	6:10	5	35:34	49	17:40	
ZZ Rad	11.00	23:57	2:10	6	3:06	28	3:49	23.45	1:40:48	4:17	5	38:40	47	20:21	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-	-
Rad Ende	11.00	19:27	1:46	5	1:51	25	3:02	45.45	2:00:15	2:38	5	19:16	53		
Wechsel Rad-Lau	0.05	1:35	31:39	4	0:32	22	0:36	45.50	2:01:50	2:40	5	19:48	53		
Rad □□□	44.05	1:31:06	2:04	6	11:55	35	16:14	45.50	2:01:50	2:40	5	19:48	53		
ZZ Lauf	3.33	10:53	3:16	3	2:04	12	2:04	48.83	2:12:43	2:43	5	4:20	51		
ZZ Lauf	3.33	23:21	7:00	3	4:01	11	4:01	52.16	2:36:04	2:59	4	21:43	39		
Lauf	3.33	11:14	3:22	3	2:03	11	2:03	55.40	2:47:18	3:01	5	29:44	21	29:44	