



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Rummel, Markus

□□□: 2:47:20

□□: Hamburg

□□: 332

□□: 55.40 km

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

□□□□□/□□□: 22 (of 71)

□□□□□/□: 22 (of 61)

□□□□□□: 2:17:34

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 2:34:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	29:15	20:53	2	6:18	35	8:26	1.40	29:15	20:53	2	6:18	54		
Schwimmen □	1.40	29:15	20:53	2	6:18	54		1.40	29:15	20:53	2	6:18	54		
Wechsel Schwim	0.05	3:05	61:39	2	0:54	41	1:40	1.45	32:20	22:17	2	7:12	54		
Schwimmen □□□	1.45	32:20	22:17	2	7:12	54		1.45	32:20	22:17	2	7:12	54		
ZZ Rad	11.00	20:40	1:52	2	0:46	21	2:56	12.45	53:00	4:15	2	7:58	50		
ZZ Rad	11.00	24:25	2:13	2	2:15	33	4:17	23.45	1:17:25	3:18	2	10:13	48		
ZZ Rad	11.00	24:24	2:13	2	2:25	25	4:14	34.45	1:41:49	2:57	2	12:38	41		
Rad Ende	11.00	19:32	1:46	2	0:54	27	3:07	45.45	2:01:21	2:40	2	13:32	54		
Wechsel Rad-Lau	0.05	2:02	40:39	2	0:52	47	1:03	45.50	2:03:23	2:42	2	14:24	54		
Rad □□□	44.05	1:31:03	2:04	2	7:12	34	16:11	45.50	2:03:23	2:42	2	14:24	54		
ZZ Lauf	3.33	10:47	3:14	2	0:54	10	1:58	48.83	2:14:10	2:44	2	15:18	52		
ZZ Lauf	3.33	22:05	6:37	1	-	6	2:45	52.16	2:36:15	2:59	2	14:19	40		
Lauf	3.33	11:05	3:19	1	-	9	1:54	55.40	2:47:20	3:01	2	13:09	22	29:46	