



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

von Dewitz-Krebs, Peter

000: 2:47:44

00: W+F Münster

00: 327

00: 55.40 km

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

00000/000: 24 (of 71)

00000/0: 24 (of 61)

000000: 2:17:34

0000:

Senioren 3 (50-54 Jahre)

00000: 2(of 9)

0000000: 2:37:16

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0000

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| 000             | 00    | 00      | 00     | 00 | 00   | 00 | 00    | 000   | 000     | 000    | 00 | 00    | 00 | 00    |
|-----------------|-------|---------|--------|----|------|----|-------|-------|---------|--------|----|-------|----|-------|
|                 | km    | 00      | min/km | -  | -    | 0  | 0     | km    | 00      | min/km | -  | -     | 0  | 0     |
| Schwimmen       | 1.40  | 30:56   | 22:05  | 6  | 7:54 | 43 | 10:07 | 1.40  | 30:56   | 22:05  | 2  | 5:17  | 55 |       |
| Schwimmen 0     | 1.40  | 30:56   | 22:05  | 2  | 5:17 | 55 |       | 1.40  | 30:56   | 22:05  | 2  | 5:17  | 55 |       |
| Wechsel Schwim  | 0.05  | 2:09    | 42:59  | 2  | 0:04 | 11 | 0:44  | 1.45  | 33:05   | 22:48  | 2  | 5:21  | 55 |       |
| Schwimmen 000   | 1.45  | 33:05   | 22:48  | 2  | 5:21 | 55 |       | 1.45  | 33:05   | 22:48  | 2  | 5:21  | 55 |       |
| ZZ Rad          | 11.00 | 19:49   | 1:48   | 2  | 0:10 | 14 | 2:05  | 12.45 | 52:54   | 4:14   | 2  | 5:31  | 51 |       |
| ZZ Rad          | 11.00 | 22:58   | 2:05   | 2  | 1:10 | 18 | 2:50  | 23.45 | 1:15:52 | 3:14   | 2  | 6:41  | 49 |       |
| ZZ Rad          | 11.00 | 23:44   | 2:09   | 2  | 1:46 | 23 | 3:34  | 34.45 | 1:39:36 | 2:53   | 2  | 8:27  | 42 |       |
| Rad Ende        | 11.00 | 19:23   | 1:45   | 2  | 0:59 | 23 | 2:58  | 45.45 | 1:58:59 | 2:37   | 2  | 9:26  | 55 |       |
| Wechsel Rad-Lau | 0.05  | 1:17    | 25:40  | 1  | -    | 8  | 0:18  | 45.50 | 2:00:16 | 2:38   | 2  | 9:04  | 55 |       |
| Rad 000         | 44.05 | 1:27:11 | 1:58   | 2  | 3:43 | 24 | 12:19 | 45.50 | 2:00:16 | 2:38   | 2  | 9:04  | 55 |       |
| ZZ Lauf         | 3.33  | 11:43   | 3:31   | 5  | 0:40 | 30 | 2:54  | 48.83 | 2:11:59 | 2:42   | 2  | 9:30  | 53 |       |
| ZZ Lauf         | 3.33  | 23:57   | 7:11   | 4  | 0:56 | 17 | 4:37  | 52.16 | 2:35:56 | 2:59   | 2  | 10:26 | 41 |       |
| Lauf            | 3.33  | 11:48   | 3:32   | 3  | 0:11 | 14 | 2:37  | 55.40 | 2:47:44 | 3:01   | 2  | 10:28 | 24 | 30:10 |