



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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von Dewitz-Krebs, Peter

□□□: 2:47:44

□□: W+F Münster

□□: 327

□□: 55.40 km

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

□□□□□/□□□: 24 (of 71)

□□□□□/□: 24 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 2(of 9)

□□□□□□□: 2:37:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	30:56	22:05	6	7:54	43	10:07	1.40	30:56	22:05	2	5:17	55		
Schwimmen □	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 □□□	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 □□□	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	