



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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maag, michael

□□□: 2:47:37

□□: Mettmann Sport Triandertaler

□□: 326

□□: 55.40 km

□□□□□/□□□: 23 (of 71)

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

□□□□□/□: 23 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 3(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:24:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	25:41	18:20	3	4:01	16	4:52	1.40	25:41	18:20	4	0:43	56		
Schwimmen □	1.40	25:41	18:20	4	0:43	56		1.40	25:41	18:20	4	0:43	56		
Wechsel Schwim	0.05	2:28	49:20	3	0:23	23	1:03	1.45	28:09	19:24	4	1:06	56		
Schwimmen □□□	1.45	28:09	19:24	4	1:06	56		1.45	28:09	19:24	4	1:06	56		
ZZ Rad	11.00	45:35	4:08	13	25:17	57	27:51	12.45	1:13:44	5:55	4	9:45	52	14:33	
ZZ Rad	11.00	24:07	2:11	7	3:56	31	3:59	23.45	1:37:51	4:10	4	13:41	50	17:24	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-	-
Rad Ende	11.00	19:28	1:46	6	3:03	26	3:03	45.45	1:57:19	2:34	4	16:44	56		
Wechsel Rad-Lau	0.05	1:36	32:00	4	0:16	23	0:37	45.50	1:58:55	2:36	4	17:00	56		
Rad □□□	44.05	1:30:46	2:03	6	15:54	31	15:54	45.50	1:58:55	2:36	4	17:00	56		
ZZ Lauf	3.33	11:33	3:28	4	0:42	26	2:44	48.83	2:10:28	2:40	3		54		
ZZ Lauf	3.33	24:38	7:23	4	1:46	22	5:18	52.16	2:35:06	2:58	2	5:36	42		
Lauf	3.33	12:31	3:45	4	1:26	24	3:20	55.40	2:47:37	3:01	3	22:57	23	30:03	