



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Hörsting, Jochen

000: 2:47:54

00: Essen

00: 331

00: 55.40 km

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

00000/000: 25 (of 71)

00000/0: 25 (of 61)

000000: 2:17:34

0000:

Senioren 1 (40-44 Jahre)

00000: 6(of 13)

0000000: 2:24:19

0000

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	1.40	25:46	18:24	3	2:15	17	4:57	1.40	25:46	18:24	6	2:15	57		
Schwimmen 0	1.40	25:46	18:24	6	2:15	57		1.40	25:46	18:24	6	2:15	57		
Wechsel Schwim	0.05	2:21	47:00	4	0:56	16	0:56	1.45	28:07	19:23	6	2:44	57		
Schwimmen 000	1.45	28:07	19:23	6	2:44	57		1.45	28:07	19:23	6	2:44	57		
ZZ Rad	11.00	44:57	4:05	11	26:51	56	27:13	12.45	1:13:04	5:52	4	29:35	53	13:53	
ZZ Rad	11.00	25:12	2:17	9	4:41	40	5:04	23.45	1:38:16	4:11	4	34:16	51	17:49	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-	-
Rad Ende	11.00	20:43	1:52	8	3:40	37	4:18	45.45	1:58:59	2:37	6	16:55	55		
Wechsel Rad-Lau	0.05	1:34	31:19	6	0:23	21	0:35	45.50	2:00:33	2:38	6	17:18	57		
Rad 000	44.05	1:32:26	2:05	8	15:53	36	17:34	45.50	2:00:33	2:38	6	17:18	57		
ZZ Lauf	3.33	10:55	3:16	3	1:26	13	2:06	48.83	2:11:28	2:41	6		55		
ZZ Lauf	3.33	24:00	7:12	3	4:13	18	4:40	52.16	2:35:28	2:58	3	11:02	43		
Lauf	3.33	12:26	3:44	4	2:00	22	3:15	55.40	2:47:54	3:01	6	23:35	25	30:20	