



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Wegener, Berthold

□□□: 2:48:07

□□: SV21Essentho

□□: 370

□□: 55.40 km

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

□□□□□/□□□: 27 (of 71)

□□□□□/□: 26 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 7(of 13)

□□□□□□□: 2:24:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	29:11	20:50	9	5:40	33	8:22	1.40	29:11	20:50	7	5:40	58	
Schwimmen □	1.40	29:11	20:50	7	5:40	58		1.40	29:11	20:50	7	5:40	58	
Wechsel Schwim	0.05	2:59	59:39	11	1:34	39	1:34	1.45	32:10	22:11	7	6:47	58	
Schwimmen □□□	1.45	32:10	22:11	7	6:47	58		1.45	32:10	22:11	7	6:47	58	
ZZ Rad	11.00	20:08	1:49	3	2:02	17	2:24	12.45	52:18	4:12	5	8:49	54	
ZZ Rad	11.00	23:14	2:06	4	2:43	21	3:06	23.45	1:15:32	3:13	5	11:32	52	
ZZ Rad	11.00	22:48	2:04	2	1:47	11	2:38	34.45	1:38:20	2:51	4	13:19	43	
Rad Ende	11.00	18:28	1:40	3	1:25	13	2:03	45.45	1:56:48	2:34	7	14:44	58	
Wechsel Rad-Lau	0.05	2:13	44:20	11	1:02	52	1:14	45.50	1:59:01	2:36	7	15:46	58	
Rad □□□	44.05	1:26:51	1:58	5	10:18	20	11:59	45.50	1:59:01	2:36	7	15:46	58	
ZZ Lauf	3.33	11:20	3:24	5	1:51	22	2:31	48.83	2:10:21	2:40	7		56	
ZZ Lauf	3.33	25:15	7:34	5	5:28	26	5:55	52.16	2:35:36	2:58	4	11:10	44	
Lauf	3.33	12:31	3:45	5	2:05	24	3:20	55.40	2:48:07	3:02	7	23:48	26	30:33