



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Davids, Erik

□□□: 2:49:13

□□: TSVE 1890 Bielefeld

□□: 356

□□: 55.40 km

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

□□□□□/□□□: 28 (of 71)

□□□□□/□: 27 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 4(of 13)

□□□□□□□: 2:24:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	27:44	19:48	5	6:04	22	6:55	1.40	27:44	19:48	5	2:46	59	
Schwimmen □	1.40	27:44	19:48	5	2:46	59		1.40	27:44	19:48	5	2:46	59	
Wechsel Schwim	0.05	2:36	52:00	5	0:31	29	1:11	1.45	30:20	20:55	5	3:17	59	
Schwimmen □□□	1.45	30:20	20:55	5	3:17	59		1.45	30:20	20:55	5	3:17	59	
ZZ Rad	11.00	21:45	1:58	5	1:27	32	4:01	12.45	52:05	4:11	5		55	
ZZ Rad	11.00	23:30	2:08	6	3:19	25	3:22	23.45	1:15:35	3:13	5		53	
ZZ Rad	11.00	23:26	2:07	3	0:35	20	3:16	34.45	1:39:01	2:52	3		44	
Rad Ende	11.00	18:58	1:43	3	2:33	20	2:33	45.45	1:57:59	2:35	5	17:24	59	
Wechsel Rad-Lau	0.05	3:13	64:19	12	1:53	60	2:14	45.50	2:01:12	2:39	5	19:17	59	
Rad □□□	44.05	1:30:52	2:03	7	16:00	33	16:00	45.50	2:01:12	2:39	5	19:17	59	
ZZ Lauf	3.33	11:19	3:23	3	0:28	20	2:30	48.83	2:12:31	2:42	4		57	
ZZ Lauf	3.33	24:15	7:16	3	1:23	20	4:55	52.16	2:36:46	3:00	3	7:16	45	
Lauf	3.33	12:27	3:44	3	1:22	23	3:16	55.40	2:49:13	3:03	4	24:33	27	31:39