



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

bohmann, roy

000: 2:50:38

00: djc armada würselen

00: 354

00: 55.40 km

00000/000: 30 (of 71)

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

00000/0: 29 (of 61)

000000: 2:17:34

0000:

00000: 5(of 13)

Senioren 2 (45-49 Jahre)

0000000: 2:24:40

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	1.40	28:55	20:39	6	7:15	30	8:06	1.40	28:55	20:39	6	3:57	60	
Schwimmen 0	1.40	28:55	20:39	6	3:57	60		1.40	28:55	20:39	6	3:57	60	
Wechsel Schwim	0.05	3:07	62:19	9	1:02	43	1:42	1.45	32:02	22:05	6	4:59	60	
Schwimmen 000	1.45	32:02	22:05	6	4:59	60		1.45	32:02	22:05	6	4:59	60	
ZZ Rad	11.00	20:56	1:54	4	0:38	26	3:12	12.45	52:58	4:15	6		56	
ZZ Rad	11.00	23:29	2:08	5	3:18	24	3:21	23.45	1:16:27	3:15	6		54	
ZZ Rad	11.00	24:33	2:13	5	1:42	26	4:23	34.45	1:41:00	2:55	4		45	
Rad Ende	11.00	20:05	1:49	7	3:40	33	3:40	45.45	2:01:05	2:39	6	20:30	60	
Wechsel Rad-Lau	0.05	1:37	32:19	5	0:17	24	0:38	45.50	2:02:42	2:41	6	20:47	60	
Rad 000	44.05	1:30:40	2:03	5	15:48	30	15:48	45.50	2:02:42	2:41	6	20:47	60	
ZZ Lauf	3.33	11:12	3:21	2	0:21	16	2:23	48.83	2:13:54	2:44	5	0:19	58	
ZZ Lauf	3.33	23:45	7:07	2	0:53	14	4:25	52.16	2:37:39	3:01	4	8:09	46	
Lauf	3.33	12:59	3:53	6	1:54	31	3:48	55.40	2:50:38	3:04	5	25:58	29	33:04