



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Henke, Michael

000: 2:51:01

00: Tri-Cops Warstein

00: 342

00: 55.40 km

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

00000/000: 31 (of 71)

00000/0: 30 (of 61)

000000: 2:17:34

0000:

Senioren 2 (45-49 Jahre)

00000: 6(of 13)

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	30:06	21:30	7	8:26	39	9:17	1.40	30:06	21:30	7	5:08	17	
Schwimmen 0	1.40	30:06	21:30	7	5:08	17		1.40	30:06	21:30	7	5:08	17	
Wechsel Schwim	0.05	2:27	49:00	2	0:22	20	1:02	1.45	32:33	22:26	7	5:30	17	
Schwimmen 000	1.45	32:33	22:26	7	5:30	17		1.45	32:33	22:26	7	5:30	17	
ZZ Rad	11.00	20:18	1:50	1	-	18	2:34	12.45	52:51	4:14	7		57	
ZZ Rad	11.00	23:04	2:05	4	2:53	19	2:56	23.45	1:15:55	3:14	7		55	
ZZ Rad	11.00	23:32	2:08	4	0:41	21	3:22	34.45	1:39:27	2:53	5		46	
Rad Ende	11.00	19:24	1:45	5	2:59	24	2:59	45.45	1:58:51	2:36	7	18:16	17	
Wechsel Rad-Lau	0.05	1:24	27:59	2	0:04	14	0:25	45.50	2:00:15	2:38	7	18:20	17	
Rad 000	44.05	1:27:42	1:59	4	12:50	26	12:50	45.50	2:00:15	2:38	7	18:20	17	
ZZ Lauf	3.33	11:40	3:30	5	0:49	28	2:51	48.83	2:11:55	2:42	6		60	
ZZ Lauf	3.33	25:00	7:30	5	2:08	24	5:40	52.16	2:36:55	3:00	5	7:25	47	
Lauf	3.33	14:06	4:14	10	3:01	45	4:55	55.40	2:51:01	3:05	6	26:21	30	33:27