



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Schmidt-Krayer, Jan

□□□: 2:51:19

□□: bikeattackoberberg

□□: 300

□□: 55.40 km

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

□□□□□/□□□: 33 (of 71)

□□□□□/□: 32 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 8(of 13)

□□□□□□□: 2:24:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	29:13	20:52	10	5:42	34	8:24	1.40	29:13	20:52	8	5:42	2		
Schwimmen □	1.40	29:13	20:52	8	5:42	2		1.40	29:13	20:52	8	5:42	2		
Wechsel Schwim	0.05	1:25	28:19	1	-	1	-	1.45	30:38	21:07	8	5:15	2		
Schwimmen □□□	1.45	30:38	21:07	8	5:15	2		1.45	30:38	21:07	8	5:15	2		
ZZ Rad	11.00	22:12	2:01	6	4:06	37	4:28	12.45	52:50	4:14	6	9:21	58		
ZZ Rad	11.00	23:06	2:06	3	2:35	20	2:58	23.45	1:15:56	3:14	6	11:56	15		
ZZ Rad	11.00	23:33	2:08	5	2:32	22	3:23	34.45	1:39:29	2:53	5	14:28	47		
Rad Ende	11.00	19:01	1:43	5	1:58	21	2:36	45.45	1:58:30	2:36	8	16:26	2		
Wechsel Rad-Lau	0.05	1:42	34:00	8	0:31	29	0:43	45.50	2:00:12	2:38	8	16:57	2		
Rad □□□	44.05	1:29:34	2:01	7	13:01	27	14:42	45.50	2:00:12	2:38	8	16:57	2		
ZZ Lauf	3.33	11:46	3:32	7	2:17	31	2:57	48.83	2:11:58	2:42	8		16		
ZZ Lauf	3.33	26:17	7:53	6	6:30	28	6:57	52.16	2:38:15	3:02	5	13:49	48		
Lauf	3.33	13:04	3:55	7	2:38	32	3:53	55.40	2:51:19	3:05	8	27:00	32	33:45	