



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Wüster, Bernd

000: 2:51:10

00: Tri Power Rhein-Sieg

00: 343

00: 55.40 km

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

00000/000: 32 (of 71)

00000/0: 31 (of 61)

000000: 2:17:34

0000:

Senioren 3 (50-54 Jahre)

00000: 3(of 9)

0000000: 2:37:16

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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	23:02	16:27	1	-	7	2:13	1.40	23:02	16:27	3	-	3	
Schwimmen 0	1.40	23:02	16:27	3		3		1.40	23:02	16:27	3		3	
Wechsel Schwim	0.05	2:27	49:00	3	0:22	20	1:02	1.45	25:29	17:34	3		3	
Schwimmen 000	1.45	25:29	17:34	3		3		1.45	25:29	17:34	3		3	
ZZ Rad	11.00	20:32	1:52	3	0:53	19	2:48	12.45	46:01	3:41	3		16	
ZZ Rad	11.00	23:35	2:08	3	1:47	26	3:27	23.45	1:09:36	2:58	3	0:25	2	
ZZ Rad	11.00	24:05	2:11	3	2:07	24	3:55	34.45	1:33:41	2:43	3	2:32	13	
Rad Ende	11.00	19:43	1:47	3	1:19	28	3:18	45.45	1:53:24	2:29	3	3:51	3	
Wechsel Rad-Lau	0.05	1:45	35:00	4	0:28	34	0:46	45.50	1:55:09	2:31	3	3:57	3	
Rad 000	44.05	1:29:40	2:02	3	6:12	28	14:48	45.50	1:55:09	2:31	3	3:57	3	
ZZ Lauf	3.33	15:36	4:41	9	4:33	53	6:47	48.83	2:10:45	2:40	3	8:16	2	
ZZ Lauf	3.33	27:40	8:18	7	4:39	39	8:20	52.16	2:38:25	3:02	3	12:55	49	
Lauf	3.33	12:45	3:49	5	1:08	28	3:34	55.40	2:51:10	3:05	3	13:54	31	33:36