



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Weber, Matthias

□□□: 2:52:48

□□: RSV Osthelden

□□: 371

□□: 55.40 km

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

□□□□□/□□□: 34 (of 71)

□□□□□/□: 33 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 4(of 9)

□□□□□□□: 2:37:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	30:25	21:43	5	7:23	40	9:36	1.40	30:25	21:43	4	4:46	4	
Schwimmen □	1.40	30:25	21:43	4	4:46	4		1.40	30:25	21:43	4	4:46	4	
Wechsel Schwim	0.05	3:08	62:39	5	1:03	44	1:43	1.45	33:33	23:08	4	5:49	4	
Schwimmen □□□	1.45	33:33	23:08	4	5:49	4		1.45	33:33	23:08	4	5:49	4	
ZZ Rad	11.00	21:28	1:57	6	1:49	29	3:44	12.45	55:01	4:25	4	7:38	2	
ZZ Rad	11.00	24:02	2:11	4	2:14	30	3:54	23.45	1:19:03	3:22	4	9:52	3	
ZZ Rad	11.00	24:57	2:16	4	2:59	28	4:47	34.45	1:44:00	3:01	4	12:51	2	
Rad Ende	11.00	20:10	1:50	6	1:46	34	3:45	45.45	2:04:10	2:43	4	14:37	4	
Wechsel Rad-Lau	0.05	2:01	40:19	7	0:44	43	1:02	45.50	2:06:11	2:46	4	14:59	4	
Rad □□□	44.05	1:32:38	2:06	5	9:10	38	17:46	45.50	2:06:11	2:46	4	14:59	4	
ZZ Lauf	3.33	11:06	3:19	2	0:03	15	2:17	48.83	2:17:17	2:48	4	14:48	3	
ZZ Lauf	3.33	23:24	7:01	2	0:23	12	4:04	52.16	2:40:41	3:04	4	15:11	14	
Lauf	3.33	12:07	3:38	4	0:30	19	2:56	55.40	2:52:48	3:07	4	15:32	33	35:14