



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Kanis, Jens

□□□: 2:54:20

□□: RSV Osthelden

□□: 375

□□: 55.40 km

□□□□□/□□□: 35 (of 71)

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

□□□□□/□: 34 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 7(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:24:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	31:42	22:38	9	10:02	47	10:53	1.40	31:42	22:38	8	6:44	5	0:39
Schwimmen □	1.40	31:42	22:38	8	6:44	5	0:39	1.40	31:42	22:38	8	6:44	5	0:39
Wechsel Schwim	0.05	2:48	55:59	6	0:43	34	1:23	1.45	34:30	23:47	8	7:27	5	0:54
Schwimmen □□□	1.45	34:30	23:47	8	7:27	5	0:54	1.45	34:30	23:47	8	7:27	5	0:54
ZZ Rad	11.00	20:35	1:52	2	0:17	20	2:51	12.45	55:05	4:25	8		3	
ZZ Rad	11.00	22:39	2:03	3	2:28	16	2:31	23.45	1:17:44	3:18	8		4	
ZZ Rad	11.00	22:51	2:04	1	-	13	2:41	34.45	1:40:35	2:55	6		3	
Rad Ende	11.00	19:13	1:44	4	2:48	22	2:48	45.45	1:59:48	2:38	8	19:13	5	
Wechsel Rad-Lau	0.05	1:48	36:00	6	0:28	37	0:49	45.50	2:01:36	2:40	8	19:41	5	
Rad □□□	44.05	1:27:06	1:58	3	12:14	23	12:14	45.50	2:01:36	2:40	8	19:41	5	
ZZ Lauf	3.33	12:28	3:44	8	1:37	39	3:39	48.83	2:14:04	2:44	7	0:29	4	
ZZ Lauf	3.33	26:49	8:03	7	3:57	33	7:29	52.16	2:40:53	3:05	6	11:23	2	
Lauf	3.33	13:27	4:02	8	2:22	36	4:16	55.40	2:54:20	3:08	7	29:40	34	36:46