



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Schleinhege, Lars

□□□: 2:54:32

□□: 1.TCO Die Bären

□□: 348

□□: 55.40 km

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

□□□□□/□□□: 36 (of 71)

□□□□□/□: 35 (of 61)

□□□□□□: 2:17:34

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 6(of 9)

□□□□□□□: 2:30:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	38:55	27:47	9	14:52	58	18:06	1.40	38:55	27:47	6	9:36	6	7:52
Schwimmen □	1.40	38:55	27:47	6	9:36	6	7:52	1.40	38:55	27:47	6	9:36	6	7:52
Wechsel Schwim	0.05	3:10	63:19	7	1:12	46	1:45	1.45	42:05	29:01	6	10:43	6	8:29
Schwimmen □□□	1.45	42:05	29:01	6	10:43	6	8:29	1.45	42:05	29:01	6	10:43	6	8:29
ZZ Rad	11.00	19:20	1:45	2	1:36	8	1:36	12.45	1:01:25	4:55	5	12:19	4	2:14
ZZ Rad	11.00	22:07	2:00	1	-	9	1:59	23.45	1:23:32	3:33	4		5	3:05
ZZ Rad	11.00	23:07	2:06	2	0:40	18	2:57	34.45	1:46:39	3:05	3	12:56	4	0:25
Rad Ende	11.00	18:44	1:42	4	0:27	18	2:19	45.45	2:05:23	2:45	6	17:52	6	
Wechsel Rad-Lau	0.05	1:48	36:00	7	0:36	37	0:49	45.50	2:07:11	2:47	6	18:20	6	
Rad □□□	44.05	1:25:06	1:55	4	7:37	16	10:14	45.50	2:07:11	2:47	6	18:20	6	
ZZ Lauf	3.33	11:19	3:23	5	1:37	20	2:30	48.83	2:18:30	2:50	6	19:57	5	
ZZ Lauf	3.33	23:53	7:10	4	2:46	15	4:33	52.16	2:42:23	3:06	4	20:30	3	
Lauf	3.33	12:09	3:38	4	1:42	20	2:58	55.40	2:54:32	3:09	6	24:05	35	36:58