



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Rudnik, Christian

□□□: 2:55:32

□□: RWE Starlight Team Essen

□□: 323

□□: 55.40 km

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

□□□□□/□□□: 38 (of 71)

□□□□□/□: 36 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 5(of 9)

□□□□□□□: 2:37:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	29:16	20:54	4	6:14	36	8:27	1.40	29:16	20:54	5	3:37	7	
Schwimmen □	1.40	29:16	20:54	5	3:37	7		1.40	29:16	20:54	5	3:37	7	
Wechsel Schwim	0.05	3:24	68:00	7	1:19	52	1:59	1.45	32:40	22:31	5	4:56	7	
Schwimmen □□□	1.45	32:40	22:31	5	4:56	7		1.45	32:40	22:31	5	4:56	7	
ZZ Rad	11.00	21:05	1:54	5	1:26	27	3:21	12.45	53:45	4:19	5	6:22	5	
ZZ Rad	11.00	24:46	2:15	5	2:58	37	4:38	23.45	1:18:31	3:20	5	9:20	6	
ZZ Rad	11.00	25:25	2:18	5	3:27	32	5:15	34.45	1:43:56	3:01	5	12:47	5	
Rad Ende	11.00	19:58	1:48	4	1:34	31	3:33	45.45	2:03:54	2:43	5	14:21	7	
Wechsel Rad-Lau	0.05	1:56	38:39	6	0:39	40	0:57	45.50	2:05:50	2:45	5	14:38	7	
Rad □□□	44.05	1:33:10	2:06	6	9:42	39	18:18	45.50	2:05:50	2:45	5	14:38	7	
ZZ Lauf	3.33	11:38	3:29	4	0:35	27	2:49	48.83	2:17:28	2:48	5	14:59	6	
ZZ Lauf	3.33	25:13	7:34	5	2:12	25	5:53	52.16	2:42:41	3:07	5	17:11	4	
Lauf	3.33	12:51	3:51	6	1:14	30	3:40	55.40	2:55:32	3:10	5	18:16	36	37:58