



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

ADAM, Carsten

□□□: 2:55:52

□□: T-T-W

□□: 304

□□: 55.40 km

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

□□□□□/□□□: 39 (of 71)

□□□□□/□: 37 (of 61)

□□□□□□: 2:17:34

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 6(of 8)

□□□□□□□: 2:17:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	30:48	22:00	5	9:33	42	9:59	1.40	30:48	22:00	6	9:33	8		
Schwimmen □	1.40	30:48	22:00	6	9:33	8		1.40	30:48	22:00	6	9:33	8		
Wechsel Schwim	0.05	2:27	49:00	4	0:51	20	1:02	1.45	33:15	22:55	6	10:24	8		
Schwimmen □□□	1.45	33:15	22:55	6	10:24	8		1.45	33:15	22:55	6	10:24	8		
ZZ Rad	11.00	19:38	1:47	4	1:12	10	1:54	12.45	52:53	4:14	6	11:36	6		
ZZ Rad	11.00	22:26	2:02	4	1:35	14	2:18	23.45	1:15:19	3:12	6	13:11	7		
ZZ Rad	11.00	23:02	2:05	5	1:47	15	2:52	34.45	1:38:21	2:51	5	14:58	6		
Rad Ende	11.00	19:50	1:48	6	2:14	30	3:25	45.45	1:58:11	2:36	6	17:12	8		
Wechsel Rad-Lau	0.05	2:08	42:39	8	1:05	50	1:09	45.50	2:00:19	2:38	6	18:17	8		
Rad □□□	44.05	1:27:04	1:58	5	7:53	22	12:12	45.50	2:00:19	2:38	6	18:17	8		
ZZ Lauf	3.33	14:08	4:14	7	5:19	49	5:19	48.83	2:14:27	2:45	6	6:04	7		
ZZ Lauf	3.33	27:37	8:17	6	8:17	38	8:17	52.16	2:42:04	3:06	5	27:43	5		
Lauf	3.33	13:48	4:08	6	4:37	42	4:37	55.40	2:55:52	3:10	6	38:18	37	38:18	