



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Pagon, Duschan

□□: TV Attendorn TRI-TIME

□□: 322

□□: 55.40 km

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

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□/□□□: DNF (of 71)

□□□□□/□: DNF (of 61)

□□□□□□: 2:17:34

□□□□□: DNF(of 13)

□□□□□□□: 2:24:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	32:42	23:21	10	11:02	51	11:53	1.40	32:42	23:21	9	7:44	9	1:39	
Schwimmen □	1.40	32:42	23:21	9	7:44	9	1:39	1.40	32:42	23:21	9	7:44	9	1:39	
Wechsel Schwim	0.05	3:12	64:00	10	1:07	47	1:47	1.45	35:54	24:45	9	8:51	9	2:18	
Schwimmen □□□	1.45	35:54	24:45	9	8:51	9	2:18	1.45	35:54	24:45	9	8:51	9	2:18	
ZZ Rad	11.00	24:04	2:11	8	3:46	45	6:20	12.45	59:58	4:48	9		7	0:47	
ZZ Rad	11.00	26:32	2:24	11	6:21	47	6:24	23.45	1:26:30	3:41	9	2:20	8	6:03	
ZZ Rad	11.00	28:03	2:33	10	5:12	44	7:53	34.45	1:54:33	3:19	7	3:30	7	8:19	
Rad Ende	11.00	22:28	2:02	10	6:03	47	6:03	45.45	2:17:01	3:00	9	36:26	9	9:15	
Wechsel Rad-Lau	0.05	3:13	64:19	12	1:53	60	2:14	45.50	2:20:14	3:04	9	38:19	9	10:47	
Rad □□□	44.05	1:44:20	2:22	12	29:28	57	29:28	45.50	2:20:14	3:04	9	38:19	9	10:47	
ZZ Lauf	3.33	16:39	4:59	10	5:48	54	7:50	48.83	2:36:53	3:12	8	23:18	8	15:26	
ZZ Lauf	3.33	fehlt!	-	-	-	-	-	52.16	-	-	-	-	-	-	
Lauf	3.33	fehlt!	-	-	-	-	-	55.40	-	-	-	-	-	-	