



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Wessels, Frank

□□□: 2:57:30

□□: 1. tco die bären

□□: 353

□□: 55.40 km

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

□□□□□/□□□: 40 (of 71)

□□□□□/□: 38 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 9(of 13)

□□□□□□□: 2:24:19

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 1.40 | 28:13 | 20:09 | 8 | 4:42 | 28 | 7:24 | 1.40 | 28:13 | 20:09 | 9 | 4:42 | 10 | | |
| Schwimmen □ | 1.40 | 28:13 | 20:09 | 9 | 4:42 | 10 | | 1.40 | 28:13 | 20:09 | 9 | 4:42 | 10 | | |
| Wechsel Schwim | 0.05 | 2:53 | 57:39 | 9 | 1:28 | 36 | 1:28 | 1.45 | 31:06 | 21:26 | 9 | 5:43 | 10 | | |
| Schwimmen □□□ | 1.45 | 31:06 | 21:26 | 9 | 5:43 | 10 | | 1.45 | 31:06 | 21:26 | 9 | 5:43 | 10 | | |
| ZZ Rad | 11.00 | 44:54 | 4:04 | 10 | 26:48 | 55 | 27:10 | 12.45 | 1:16:00 | 6:06 | 7 | 32:31 | 8 | 16:49 | |
| ZZ Rad | 11.00 | 30:52 | 2:48 | 11 | 10:21 | 54 | 10:44 | 23.45 | 1:46:52 | 4:33 | 7 | 42:52 | 9 | 26:25 | |
| ZZ Rad | 11.00 | fehlt! | - | - | - | - | - | 34.45 | - | - | - | - | - | - | - |
| Rad Ende | 11.00 | 21:05 | 1:54 | 9 | 4:02 | 40 | 4:40 | 45.45 | 2:07:57 | 2:48 | 9 | 25:53 | 10 | 0:11 | |
| Wechsel Rad-Lau | 0.05 | 1:45 | 35:00 | 10 | 0:34 | 34 | 0:46 | 45.50 | 2:09:42 | 2:51 | 9 | 26:27 | 10 | 0:15 | |
| Rad □□□ | 44.05 | 1:38:36 | 2:14 | 12 | 22:03 | 48 | 23:44 | 45.50 | 2:09:42 | 2:51 | 9 | 26:27 | 10 | 0:15 | |
| ZZ Lauf | 3.33 | 11:21 | 3:24 | 6 | 1:52 | 23 | 2:32 | 48.83 | 2:21:03 | 2:53 | 9 | 7:28 | 9 | | |
| ZZ Lauf | 3.33 | 23:56 | 7:11 | 2 | 4:09 | 16 | 4:36 | 52.16 | 2:44:59 | 3:09 | 6 | 20:33 | 6 | | |
| Lauf | 3.33 | 12:31 | 3:45 | 5 | 2:05 | 24 | 3:20 | 55.40 | 2:57:30 | 3:12 | 9 | 33:11 | 38 | 39:56 | |