



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Möhlmann, Ralf

□□□: 2:58:57

□□: LV TriStar Oelde

□□: 363

□□: 55.40 km

□□□□□/□□□: 43 (of 71)

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

□□□□□/□: 41 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 10(of 13)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:24:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	26:46	19:07	4	3:15	18	5:57	1.40	26:46	19:07	10	3:15	11		
Schwimmen □	1.40	26:46	19:07	10	3:15	11		1.40	26:46	19:07	10	3:15	11		
Wechsel Schwim	0.05	2:43	54:20	8	1:18	31	1:18	1.45	29:29	20:20	10	4:06	11		
Schwimmen □□□	1.45	29:29	20:20	10	4:06	11		1.45	29:29	20:20	10	4:06	11		
ZZ Rad	11.00	22:59	2:05	8	4:53	42	5:15	12.45	52:28	4:12	8	8:59	9		
ZZ Rad	11.00	24:35	2:14	7	4:04	36	4:27	23.45	1:17:03	3:17	8	13:03	10		
ZZ Rad	11.00	25:06	2:16	7	4:05	31	4:56	34.45	1:42:09	2:57	6	17:08	8		
Rad Ende	11.00	20:32	1:52	7	3:29	36	4:07	45.45	2:02:41	2:41	10	20:37	11		
Wechsel Rad-Lau	0.05	1:29	29:40	5	0:18	19	0:30	45.50	2:04:10	2:43	10	20:55	11		
Rad □□□	44.05	1:34:41	2:08	10	18:08	43	19:49	45.50	2:04:10	2:43	10	20:55	11		
ZZ Lauf	3.33	13:03	3:55	10	3:34	44	4:14	48.83	2:17:13	2:48	10	3:38	10		
ZZ Lauf	3.33	28:05	8:26	9	8:18	41	8:45	52.16	2:45:18	3:10	7	20:52	7		
Lauf	3.33	13:39	4:05	9	3:13	39	4:28	55.40	2:58:57	3:13	10	34:38	41	41:23	