



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Baumhögger, Karl-Heinz

□□□: 2:58:31

□□: SC Borchten

□□: 344

□□: 55.40 km

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

□□□□□/□□□: 41 (of 71)

□□□□□/□: 39 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 2(of 4)

□□□□□□□: 2:41:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	29:04	20:45	2	3:59	31	8:15	1.40	29:04	20:45	3	3:59	13	
Schwimmen □	1.40	29:04	20:45	3	3:59	13		1.40	29:04	20:45	3	3:59	13	
Wechsel Schwim	0.05	3:09	62:59	3	0:55	45	1:44	1.45	32:13	22:13	3	4:54	13	
Schwimmen □□□	1.45	32:13	22:13	3	4:54	13		1.45	32:13	22:13	3	4:54	13	
ZZ Rad	11.00	21:09	1:55	2	2:47	28	3:25	12.45	53:22	4:17	3	7:41	11	
ZZ Rad	11.00	24:00	2:10	2	2:30	29	3:52	23.45	1:17:22	3:17	2	10:11	11	
ZZ Rad	11.00	24:39	2:14	2	2:49	27	4:29	34.45	1:42:01	2:57	2	13:00	9	
Rad Ende	11.00	20:50	1:53	2	2:46	38	4:25	45.45	2:02:51	2:42	3	15:46	13	
Wechsel Rad-Lau	0.05	1:56	38:39	4	0:13	40	0:57	45.50	2:04:47	2:44	3	15:59	13	
Rad □□□	44.05	1:32:34	2:06	2	11:05	37	17:42	45.50	2:04:47	2:44	3	15:59	13	
ZZ Lauf	3.33	12:54	3:52	3	1:13	43	4:05	48.83	2:17:41	2:49	3	17:12	12	
ZZ Lauf	3.33	27:14	8:10	2	0:09	36	7:54	52.16	2:44:55	3:09	2	17:21	8	
Lauf	3.33	13:36	4:05	1	-	37	4:25	55.40	2:58:31	3:13	2	16:48	39	40:57