



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Anlauf, Norbert

□□□: 2:59:47

□□: TeamErdinger ALKOHOLFREI

□□: 341

□□: 55.40 km

□□□□□/□□□: 45 (of 71)

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

□□□□□/□: 42 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 6(of 9)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	32:17	23:03	7	9:15	50	11:28	1.40	32:17	23:03	6	6:38	14	1:14
Schwimmen □	1.40	32:17	23:03	6	6:38	14	1:14	1.40	32:17	23:03	6	6:38	14	1:14
Wechsel Schwim	0.05	4:31	90:19	9	2:26	59	3:06	1.45	36:48	25:22	6	9:04	14	3:12
Schwimmen □□□	1.45	36:48	25:22	6	9:04	14	3:12	1.45	36:48	25:22	6	9:04	14	3:12
ZZ Rad	11.00	22:42	2:03	7	3:03	40	4:58	12.45	59:30	4:46	6	12:07	12	0:19
ZZ Rad	11.00	25:29	2:19	6	3:41	41	5:21	23.45	1:24:59	3:37	6	15:48	12	4:32
ZZ Rad	11.00	25:39	2:19	6	3:41	33	5:29	34.45	1:50:38	3:12	6	19:29	10	4:24
Rad Ende	11.00	20:58	1:54	7	2:34	39	4:33	45.45	2:11:36	2:53	6	22:03	14	3:50
Wechsel Rad-Lau	0.05	2:03	40:59	9	0:46	48	1:04	45.50	2:13:39	2:56	6	22:27	14	4:12
Rad □□□	44.05	1:36:51	2:11	7	13:23	47	21:59	45.50	2:13:39	2:56	6	22:27	14	4:12
ZZ Lauf	3.33	11:03	3:19	1	-	14	2:14	48.83	2:24:42	2:57	6	22:13	13	3:15
ZZ Lauf	3.33	23:28	7:02	3	0:27	13	4:08	52.16	2:48:10	3:13	6	22:40	9	
Lauf	3.33	11:37	3:29	1	-	12	2:26	55.40	2:59:47	3:14	6	22:31	42	42:13