



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Barg, Markus

□□□: 3:02:22

□□: Lauffreff TuS Velmede Bestwig

□□: 333

□□: 55.40 km

□□□□□/□□□: 48 (of 71)

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

□□□□□/□: 45 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 12(of 13)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:24:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	30:45	21:57	11	7:14	41	9:56	1.40	30:45	21:57	11	7:14	15	
Schwimmen □	1.40	30:45	21:57	11	7:14	15		1.40	30:45	21:57	11	7:14	15	
Wechsel Schwim	0.05	2:53	57:39	9	1:28	36	1:28	1.45	33:38	23:11	11	8:15	15	0:02
Schwimmen □□□	1.45	33:38	23:11	11	8:15	15	0:02	1.45	33:38	23:11	11	8:15	15	0:02
ZZ Rad	11.00	22:28	2:02	7	4:22	38	4:44	12.45	56:06	4:30	9	12:37	13	
ZZ Rad	11.00	25:02	2:16	8	4:31	39	4:54	23.45	1:21:08	3:27	9	17:08	13	0:41
ZZ Rad	11.00	25:59	2:21	8	4:58	36	5:49	34.45	1:47:07	3:06	7	22:06	11	0:53
Rad Ende	11.00	21:45	1:58	10	4:42	42	5:20	45.45	2:08:52	2:50	11	26:48	15	1:06
Wechsel Rad-Lau	0.05	1:28	29:19	3	0:17	17	0:29	45.50	2:10:20	2:51	11	27:05	15	0:53
Rad □□□	44.05	1:36:42	2:11	11	20:09	46	21:50	45.50	2:10:20	2:51	11	27:05	15	0:53
ZZ Lauf	3.33	12:00	3:36	8	2:31	32	3:11	48.83	2:22:20	2:54	11	8:45	14	0:53
ZZ Lauf	3.33	26:20	7:54	7	6:33	29	7:00	52.16	2:48:40	3:14	8	24:14	10	
Lauf	3.33	13:42	4:06	10	3:16	41	4:31	55.40	3:02:22	3:17	12	38:03	45	44:48