



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Hartmann, Oliver

000: 3:02:12

00: Triathleten Siegen

00: 315

00: 55.40 km

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

00000/000: 47 (of 71)

00000/0: 44 (of 61)

000000: 2:17:34

0000:

00000: 11(of 13)

Senioren 1 (40-44 Jahre)

0000000: 2:24:19

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	1.40	31:14	22:18	12	7:43	45	10:25	1.40	31:14	22:18	12	7:43	16	0:11
Schwimmen 0	1.40	31:14	22:18	12	7:43	16	0:11	1.40	31:14	22:18	12	7:43	16	0:11
Wechsel Schwim	0.05	3:00	60:00	12	1:35	40	1:35	1.45	34:14	23:36	12	8:51	16	0:38
Schwimmen 000	1.45	34:14	23:36	12	8:51	16	0:38	1.45	34:14	23:36	12	8:51	16	0:38
ZZ Rad	11.00	21:48	1:58	5	3:42	33	4:04	12.45	56:02	4:30	10	12:33	14	
ZZ Rad	11.00	24:22	2:12	6	3:51	32	4:14	23.45	1:20:24	3:25	10	16:24	14	
ZZ Rad	11.00	24:59	2:16	6	3:58	29	4:49	34.45	1:45:23	3:03	8	20:22	12	
Rad Ende	11.00	19:47	1:47	6	2:44	29	3:22	45.45	2:05:10	2:45	12	23:06	16	
Wechsel Rad-Lau	0.05	2:40	53:19	13	1:29	58	1:41	45.50	2:07:50	2:48	12	24:35	16	
Rad 000	44.05	1:33:36	2:07	9	17:03	41	18:44	45.50	2:07:50	2:48	12	24:35	16	
ZZ Lauf	3.33	12:38	3:47	9	3:09	40	3:49	48.83	2:20:28	2:52	12	6:53	15	
ZZ Lauf	3.33	27:28	8:14	8	7:41	37	8:08	52.16	2:47:56	3:13	9	23:30	11	
Lauf	3.33	14:16	4:17	11	3:50	47	5:05	55.40	3:02:12	3:17	11	37:53	44	44:38