



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Prott, Berthold

□□□: 3:01:39

□□: Tri team Selm

□□: 374

□□: 55.40 km

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

□□□□□/□□□: 46 (of 71)

□□□□□/□: 43 (of 61)

□□□□□□: 2:17:34

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 7 (of 8)

□□□□□□□: 2:17:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	31:03	22:10	6	9:48	44	10:14	1.40	31:03	22:10	7	9:48	1	-	
Schwimmen □	1.40	31:03	22:10	7	9:48	1	-	1.40	31:03	22:10	7	9:48	1	-	
Wechsel Schwim	0.05	2:33	50:59	5	0:57	28	1:08	1.45	33:36	23:10	7	10:45	1	-	
Schwimmen □□□	1.45	33:36	23:10	7	10:45	1	-	1.45	33:36	23:10	7	10:45	1	-	
ZZ Rad	11.00	21:50	1:59	7	3:24	34	4:06	12.45	55:26	4:27	7	14:09	15		
ZZ Rad	11.00	25:01	2:16	8	4:10	38	4:53	23.45	1:20:27	3:25	7	18:19	1	-	
ZZ Rad	11.00	25:47	2:20	6	4:32	34	5:37	34.45	1:46:14	3:05	6	22:51	1	-	
Rad Ende	11.00	21:32	1:57	7	3:56	41	5:07	45.45	2:07:46	2:48	7	26:47	1	-	
Wechsel Rad-Lau	0.05	1:41	33:39	5	0:38	28	0:42	45.50	2:09:27	2:50	7	27:25	1	-	
Rad □□□	44.05	1:35:51	2:10	8	16:40	45	20:59	45.50	2:09:27	2:50	7	27:25	1	-	
ZZ Lauf	3.33	12:00	3:36	5	3:11	32	3:11	48.83	2:21:27	2:53	7	13:04	1	-	
ZZ Lauf	3.33	26:21	7:54	5	7:01	30	7:01	52.16	2:47:48	3:13	6	33:27	12		
Lauf	3.33	13:51	4:09	7	4:40	43	4:40	55.40	3:01:39	3:16	7	44:05	43	44:05	