



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Rayermann, Andreas

□□□: 3:03:16

□□: Equipe Kölsche Klüngel

□□: 359

□□: 55.40 km

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

□□□□□/□□□: 50 (of 71)

□□□□□/□: 47 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 7(of 9)

□□□□□□□: 2:37:16

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 1.40 | 35:51 | 25:36 | 9 | 12:49 | 57 | 15:02 | 1.40 | 35:51 | 25:36 | 7 | 10:12 | 19 | 4:48 |
| Schwimmen □ | 1.40 | 35:51 | 25:36 | 7 | 10:12 | 19 | 4:48 | 1.40 | 35:51 | 25:36 | 7 | 10:12 | 19 | 4:48 |
| Wechsel Schwim | 0.05 | 2:44 | 54:39 | 4 | 0:39 | 32 | 1:19 | 1.45 | 38:35 | 26:36 | 7 | 10:51 | 19 | 4:59 |
| Schwimmen □□□ | 1.45 | 38:35 | 26:36 | 7 | 10:51 | 19 | 4:59 | 1.45 | 38:35 | 26:36 | 7 | 10:51 | 19 | 4:59 |
| ZZ Rad | 11.00 | 20:44 | 1:53 | 4 | 1:05 | 24 | 3:00 | 12.45 | 59:19 | 4:45 | 7 | 11:56 | 17 | 0:08 |
| ZZ Rad | 11.00 | 48:25 | 4:24 | 9 | 26:37 | 55 | 28:17 | 23.45 | 1:47:44 | 4:35 | 7 | 38:33 | 17 | 27:17 |
| ZZ Rad | 11.00 | fehlt! | - | - | - | - | - | 34.45 | - | - | - | - | - | - |
| Rad Ende | 11.00 | 20:01 | 1:49 | 5 | 1:37 | 32 | 3:36 | 45.45 | 2:07:45 | 2:48 | 7 | 18:12 | 19 | |
| Wechsel Rad-Lau | 0.05 | 1:37 | 32:19 | 2 | 0:20 | 24 | 0:38 | 45.50 | 2:09:22 | 2:50 | 7 | 18:10 | 19 | |
| Rad □□□ | 44.05 | 1:30:47 | 2:03 | 4 | 7:19 | 32 | 15:55 | 45.50 | 2:09:22 | 2:50 | 7 | 18:10 | 19 | |
| ZZ Lauf | 3.33 | 13:22 | 4:00 | 6 | 2:19 | 45 | 4:33 | 48.83 | 2:22:44 | 2:55 | 7 | 20:15 | 18 | 1:17 |
| ZZ Lauf | 3.33 | 26:53 | 8:04 | 6 | 3:52 | 34 | 7:33 | 52.16 | 2:49:37 | 3:15 | 7 | 24:07 | 1 | - |
| Lauf | 3.33 | 13:39 | 4:05 | 8 | 2:02 | 39 | 4:28 | 55.40 | 3:03:16 | 3:18 | 7 | 26:00 | 47 | 45:42 |