



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Rayermann, Andreas

□□□: 3:03:16

□□: Equipe Kölsche Klüngel

□□: 359

□□: 55.40 km

□□□□□/□□□: 50 (of 71)

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

□□□□□/□: 47 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 7(of 9)

Senioren 3 (50-54 Jahre)

□□□□□□□: 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