



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Stratmann, Thomas

□□□: 3:05:43

□□: Köln

□□: 339

□□: 55.40 km

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

□□□□□/□□□: 52 (of 71)

□□□□□/□: 48 (of 61)

□□□□□□: 2:17:34

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 8(of 9)

□□□□□□□: 2:30:27

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	29:42	21:12	7	5:39	38	8:53	1.40	29:42	21:12	8	0:23	20		
Schwimmen □	1.40	29:42	21:12	8	0:23	20		1.40	29:42	21:12	8	0:23	20		
Wechsel Schwim	0.05	3:18	65:59	8	1:20	49	1:53	1.45	33:00	22:45	8	1:38	20		
Schwimmen □□□	1.45	33:00	22:45	8	1:38	20		1.45	33:00	22:45	8	1:38	20		
ZZ Rad	11.00	22:02	2:00	6	4:18	35	4:18	12.45	55:02	4:25	7	5:56	18		
ZZ Rad	11.00	25:33	2:19	6	3:26	42	5:25	23.45	1:20:35	3:26	6		18	0:08	
ZZ Rad	11.00	27:16	2:28	5	4:49	40	7:06	34.45	1:47:51	3:07	5	14:08	15	1:37	
Rad Ende	11.00	22:21	2:01	6	4:04	46	5:56	45.45	2:10:12	2:51	8	22:41	20	2:26	
Wechsel Rad-Lau	0.05	2:09	42:59	8	0:57	51	1:10	45.50	2:12:21	2:54	8	23:30	20	2:54	
Rad □□□	44.05	1:39:21	2:15	8	21:52	50	24:29	45.50	2:12:21	2:54	8	23:30	20	2:54	
ZZ Lauf	3.33	12:12	3:39	7	2:30	34	3:23	48.83	2:24:33	2:57	8	26:00	19	3:06	
ZZ Lauf	3.33	26:33	7:58	5	5:26	31	7:13	52.16	2:51:06	3:16	6	29:13	15	1:29	
Lauf	3.33	14:37	4:23	6	4:10	48	5:26	55.40	3:05:43	3:21	8	35:16	48	48:09	