



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Ost, Thomas

000: 3:08:45

00: Bodenfelde

00: 372

00: 55.40 km

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

00000/000: 56 (of 71)

00000/0: 50 (of 61)

000000: 2:17:34

0000:

AK4 männlich (35-39 Jahre)

00000: 8(of 8)

0000000: 2:17:34

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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	31:44	22:40	7	10:29	48	10:55	1.40	31:44	22:40	8	10:29	21	0:41
Schwimmen 0	1.40	31:44	22:40	8	10:29	21	0:41	1.40	31:44	22:40	8	10:29	21	0:41
Wechsel Schwim	0.05	3:41	73:39	8	2:05	56	2:16	1.45	35:25	24:25	8	12:34	21	1:49
Schwimmen 000	1.45	35:25	24:25	8	12:34	21	1:49	1.45	35:25	24:25	8	12:34	21	1:49
ZZ Rad	11.00	21:43	1:58	6	3:17	30	3:59	12.45	57:08	4:35	8	15:51	19	
ZZ Rad	11.00	24:30	2:13	7	3:39	35	4:22	23.45	1:21:38	3:28	8	19:30	19	1:11
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	47:00	4:16	8	29:24	55	30:35	45.45	2:08:38	2:49	8	27:39	21	0:52
Wechsel Rad-Lau	0.05	2:01	40:19	6	0:58	43	1:02	45.50	2:10:39	2:52	8	28:37	21	1:12
Rad 000	44.05	1:35:14	2:09	7	16:03	44	20:22	45.50	2:10:39	2:52	8	28:37	21	1:12
ZZ Lauf	3.33	12:13	3:40	6	3:24	35	3:24	48.83	2:22:52	2:55	8	14:29	20	1:25
ZZ Lauf	3.33	29:40	8:54	7	10:20	45	10:20	52.16	2:52:32	3:18	7	38:11	16	2:55
Lauf	3.33	16:13	4:52	8	7:02	51	7:02	55.40	3:08:45	3:24	8	51:11	50	51:11