



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Ost, Thomas

□□□: 3:08:45

□□: Bodenfelde

□□: 372

□□: 55.40 km

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

□□□□□/□□□: 56 (of 71)

□□□□□/□: 50 (of 61)

□□□□□□: 2:17:34

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 8(of 8)

□□□□□□□: 2:17:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □	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 □□□	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 □□□	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	