



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Köhler, Holger

□□□: 3:07:08

□□: Tri-Cops Warstein

□□: 338

□□: 55.40 km

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

□□□□□/□□□: 53 (of 71)

□□□□□/□: 49 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 8(of 9)

□□□□□□□: 2:37:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	28:02	20:01	3	5:00	25	7:13	1.40	28:02	20:01	8	2:23	22	
Schwimmen □	1.40	28:02	20:01	8	2:23	22		1.40	28:02	20:01	8	2:23	22	
Wechsel Schwim	0.05	3:39	73:00	8	1:34	55	2:14	1.45	31:41	21:51	8	3:57	22	
Schwimmen □□□	1.45	31:41	21:51	8	3:57	22		1.45	31:41	21:51	8	3:57	22	
ZZ Rad	11.00	23:26	2:07	8	3:47	44	5:42	12.45	55:07	4:25	8	7:44	20	
ZZ Rad	11.00	26:15	2:23	7	4:27	45	6:07	23.45	1:21:22	3:28	8	12:11	20	0:55
ZZ Rad	11.00	26:51	2:26	7	4:53	38	6:41	34.45	1:48:13	3:08	7	17:04	16	1:59
Rad Ende	11.00	22:03	2:00	8	3:39	45	5:38	45.45	2:10:16	2:51	8	20:43	22	2:30
Wechsel Rad-Lau	0.05	2:01	40:19	7	0:44	43	1:02	45.50	2:12:17	2:54	8	21:05	22	2:50
Rad □□□	44.05	1:40:36	2:17	8	17:08	52	25:44	45.50	2:12:17	2:54	8	21:05	22	2:50
ZZ Lauf	3.33	13:29	4:02	7	2:26	46	4:40	48.83	2:25:46	2:59	8	23:17	21	4:19
ZZ Lauf	3.33	27:46	8:20	8	4:45	40	8:26	52.16	2:53:32	3:19	8	28:02	17	3:55
Lauf	3.33	13:36	4:05	7	1:59	37	4:25	55.40	3:07:08	3:22	8	29:52	49	49:34