



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Rößler, Johannes

□□□: 3:09:55

□□: RMC Schloss Neuhaus

□□: 313

□□: 55.40 km

□□□□□/□□□: 57 (of 71)

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

□□□□□/□: 51 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 1(of 1)

Senioren 5 (60-64 Jahre)

□□□□□□□: 3:09:55

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	33:58	24:15	1	-	54	13:09	1.40	33:58	24:15	1	-	23	2:55	
Schwimmen □	1.40	33:58	24:15	1	-	23	2:55	1.40	33:58	24:15	1	-	23	2:55	
Wechsel Schwim	0.05	3:19	66:19	1	-	50	1:54	1.45	37:17	25:42	1	-	23	3:41	
Schwimmen □□□	1.45	37:17	25:42	1	-	23	3:41	1.45	37:17	25:42	1	-	23	3:41	
ZZ Rad	11.00	22:54	2:04	1	-	41	5:10	12.45	1:00:11	4:50	1	-	21	1:00	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	23.45	-	-	-	-	-	-	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-	
Rad Ende	11.00	1:14:26	6:46	1	-	58	58:01	45.45	2:14:37	2:57	1	-	23	6:51	
Wechsel Rad-Lau	0.05	2:17	45:39	1	-	53	1:18	45.50	2:16:54	3:00	1	-	23	7:27	
Rad □□□	44.05	1:39:37	2:15	1	-	51	24:45	45.50	2:16:54	3:00	1	-	23	7:27	
ZZ Lauf	3.33	12:41	3:48	1	-	41	3:52	48.83	2:29:35	3:03	1	-	22	8:08	
ZZ Lauf	3.33	fehlt!	-	-	-	-	-	52.16	-	-	-	-	-	-	
Lauf	3.33	40:20	12:06	1	-	59	31:09	55.40	3:09:55	3:25	1	-	51	52:21	