



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Donner, Franz-Thomas

□□□: 3:11:53

□□: LTV Lippstadt Triathlon

□□: 330

□□: 55.40 km

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

□□□□□/□□□: 58 (of 71)

□□□□□/□: 52 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 8(of 13)

□□□□□□□: 2:24:40

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen       | 1.40     | 39:02    | 27:52        | 12      | 17:22   | 59      | 18:13   | 1.40  | 39:02     | 27:52         | 10      | 14:04   | 24      | 7:59    |
| Schwimmen □     | 1.40     | 39:02    | 27:52        | 10      | 14:04   | 24      | 7:59    | 1.40  | 39:02     | 27:52         | 10      | 14:04   | 24      | 7:59    |
| Wechsel Schwim  | 0.05     | 2:57     | 59:00        | 7       | 0:52    | 38      | 1:32    | 1.45  | 41:59     | 28:57         | 10      | 14:56   | 24      | 8:23    |
| Schwimmen □□□   | 1.45     | 41:59    | 28:57        | 10      | 14:56   | 24      | 8:23    | 1.45  | 41:59     | 28:57         | 10      | 14:56   | 24      | 8:23    |
| ZZ Rad          | 11.00    | 23:14    | 2:06         | 7       | 2:56    | 43      | 5:30    | 12.45 | 1:05:13   | 5:14          | 10      | 1:14    | 22      | 6:02    |
| ZZ Rad          | 11.00    | 25:48    | 2:20         | 9       | 5:37    | 44      | 5:40    | 23.45 | 1:31:01   | 3:52          | 10      | 6:51    | 21      | 10:34   |
| ZZ Rad          | 11.00    | 26:31    | 2:24         | 7       | 3:40    | 37      | 6:21    | 34.45 | 1:57:32   | 3:24          | 8       | 6:29    | 17      | 11:18   |
| Rad Ende        | 11.00    | 21:45    | 1:58         | 8       | 5:20    | 42      | 5:20    | 45.45 | 2:19:17   | 3:03          | 10      | 38:42   | 24      | 11:31   |
| Wechsel Rad-Lau | 0.05     | 1:57     | 39:00        | 7       | 0:37    | 42      | 0:58    | 45.50 | 2:21:14   | 3:06          | 10      | 39:19   | 24      | 11:47   |
| Rad □□□         | 44.05    | 1:39:15  | 2:15         | 8       | 24:23   | 49      | 24:23   | 45.50 | 2:21:14   | 3:06          | 10      | 39:19   | 24      | 11:47   |
| ZZ Lauf         | 3.33     | 12:17    | 3:41         | 6       | 1:26    | 36      | 3:28    | 48.83 | 2:33:31   | 3:08          | 9       | 19:56   | 23      | 12:04   |
| ZZ Lauf         | 3.33     | 25:36    | 7:41         | 6       | 2:44    | 27      | 6:16    | 52.16 | 2:59:07   | 3:26          | 7       | 29:37   | 18      | 9:30    |
| Lauf            | 3.33     | 12:46    | 3:50         | 5       | 1:41    | 29      | 3:35    | 55.40 | 3:11:53   | 3:27          | 8       | 47:13   | 52      | 54:19   |