



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

□□□□□/□□□: 58 (of 71)

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

□□□□□/□: 52 (of 61)

□□□□□□: 2:17:34

□□□□:

□□□□□: 8(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:24:40

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