



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Bender, Jens

□□□: 3:15:32

□□: FSG Oberes Siegtal

□□: 361

□□: 55.40 km

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

□□□□□/□□□: 59 (of 71)

□□□□□/□: 53 (of 61)

□□□□□□: 2:17:34

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 9(of 9)

□□□□□□□: 2:30:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	27:45	19:49	4	3:42	23	6:56	1.40	27:45	19:49	9		25	
Schwimmen □	1.40	27:45	19:49	9			25	1.40	27:45	19:49	9		25	
Wechsel Schwim	0.05	4:26	88:40	9	2:28	58	3:01	1.45	32:11	22:11	9	0:49	25	
Schwimmen □□□	1.45	32:11	22:11	9	0:49	25		1.45	32:11	22:11	9	0:49	25	
ZZ Rad	11.00	24:53	2:15	7	7:09	47	7:09	12.45	57:04	4:35	8	7:58	23	
ZZ Rad	11.00	27:12	2:28	7	5:05	52	7:04	23.45	1:24:16	3:35	7		22	3:49
ZZ Rad	11.00	27:48	2:31	6	5:21	42	7:38	34.45	1:52:04	3:15	6	18:21	18	5:50
Rad Ende	11.00	23:08	2:06	7	4:51	49	6:43	45.45	2:15:12	2:58	9	27:41	25	7:26
Wechsel Rad-Lau	0.05	2:24	47:59	9	1:12	56	1:25	45.50	2:17:36	3:01	9	28:45	25	8:09
Rad □□□	44.05	1:45:25	2:23	9	27:56	58	30:33	45.50	2:17:36	3:01	9	28:45	25	8:09
ZZ Lauf	3.33	13:56	4:11	9	4:14	48	5:07	48.83	2:31:32	3:06	9	32:59	24	10:05
ZZ Lauf	3.33	29:12	8:46	7	8:05	43	9:52	52.16	3:00:44	3:27	7	38:51	19	11:07
Lauf	3.33	14:48	4:26	7	4:21	50	5:37	55.40	3:15:32	3:31	9	45:05	53	57:58