



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Seegmüller, Guido

000: 3:18:55

00: SSK Kerpen

00: 358

00: 55.40 km

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

00000/000: 60 (of 71)

00000/0: 54 (of 61)

000000: 2:17:34

0000:

Senioren 2 (45-49 Jahre)

00000: 9(of 13)

0000000: 2:24:40

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	1.40	21:40	15:28	1	-	4	0:51	1.40	21:40	15:28	11	-	26	
Schwimmen 0	1.40	21:40	15:28	11			26	1.40	21:40	15:28	11		26	
Wechsel Schwim	0.05	3:05	61:39	8	1:00	41	1:40	1.45	24:45	17:04	11		26	
Schwimmen 000	1.45	24:45	17:04	11			26	1.45	24:45	17:04	11		26	
ZZ Rad	11.00	24:57	2:16	9	4:39	48	7:13	12.45	49:42	3:59	11		24	
ZZ Rad	11.00	26:36	2:25	12	6:25	48	6:28	23.45	1:16:18	3:15	11		23	
ZZ Rad	11.00	27:11	2:28	8	4:20	39	7:01	34.45	1:43:29	3:00	9		19	
Rad Ende	11.00	23:16	2:06	12	6:51	50	6:51	45.45	2:06:45	2:47	11	26:10	26	
Wechsel Rad-Lau	0.05	2:01	40:19	8	0:41	43	1:02	45.50	2:08:46	2:49	11	26:51	26	
Rad 000	44.05	1:44:01	2:21	11	29:09	56	29:09	45.50	2:08:46	2:49	11	26:51	26	
ZZ Lauf	3.33	16:43	5:01	11	5:52	55	7:54	48.83	2:25:29	2:58	10	11:54	25	4:02
ZZ Lauf	3.33	36:14	10:52	10	13:22	49	16:54	52.16	3:01:43	3:29	8	32:13	20	12:06
Lauf	3.33	17:12	5:09	11	6:07	54	8:01	55.40	3:18:55	3:35	9	54:15	54	1:01:21