



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Franzmann, Uwe

000: 3:22:00

00: TUS Uentrop

00: 321

00: 55.40 km

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

00000/000: 62 (of 71)

00000/0: 56 (of 61)

000000: 2:17:34

0000:

Senioren 2 (45-49 Jahre)

00000: 11(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	41:19	29:30	13	19:39	60	20:30	1.40	41:19	29:30	12	16:21	27	10:16
Schwimmen 0	1.40	41:19	29:30	12	16:21	27	10:16	1.40	41:19	29:30	12	16:21	27	10:16
Wechsel Schwim	0.05	3:25	68:19	11	1:20	53	2:00	1.45	44:44	30:51	12	17:41	27	11:08
Schwimmen 000	1.45	44:44	30:51	12	17:41	27	11:08	1.45	44:44	30:51	12	17:41	27	11:08
ZZ Rad	11.00	26:15	2:23	11	5:57	50	8:31	12.45	1:10:59	5:42	12	7:00	25	11:48
ZZ Rad	11.00	26:18	2:23	10	6:07	46	6:10	23.45	1:37:17	4:08	12	13:07	24	16:50
ZZ Rad	11.00	25:56	2:21	6	3:05	35	5:46	34.45	2:03:13	3:34	10	12:10	20	16:59
Rad Ende	11.00	22:00	2:00	9	5:35	44	5:35	45.45	2:25:13	3:11	12	44:38	27	17:27
Wechsel Rad-Lau	0.05	2:23	47:39	9	1:03	55	1:24	45.50	2:27:36	3:14	12	45:41	27	18:09
Rad 000	44.05	1:42:52	2:20	10	28:00	54	28:00	45.50	2:27:36	3:14	12	45:41	27	18:09
ZZ Lauf	3.33	12:17	3:41	6	1:26	36	3:28	48.83	2:39:53	3:16	11	26:18	26	18:26
ZZ Lauf	3.33	28:06	8:26	8	5:14	42	8:46	52.16	3:07:59	3:36	9	38:29	21	18:22
Lauf	3.33	14:01	4:12	9	2:56	44	4:50	55.40	3:22:00	3:38	11	57:20	56	1:04:26