



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Förster, Udo

□□□: 3:21:26

□□: Herne

□□: 347

□□: 55.40 km

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

□□□□□/□□□: 61 (of 71)

□□□□□/□: 55 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 10(of 13)

□□□□□□□: 2:24:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	33:35	23:59	11	11:55	52	12:46	1.40	33:35	23:59	13	8:37	28	2:32
Schwimmen □	1.40	33:35	23:59	13	8:37	28	2:32	1.40	33:35	23:59	13	8:37	28	2:32
Wechsel Schwim	0.05	4:42	94:00	13	2:37	60	3:17	1.45	38:17	26:24	13	11:14	28	4:41
Schwimmen □□□	1.45	38:17	26:24	13	11:14	28	4:41	1.45	38:17	26:24	13	11:14	28	4:41
ZZ Rad	11.00	25:55	2:21	10	5:37	49	8:11	12.45	1:04:12	5:09	13	0:13	26	5:01
ZZ Rad	11.00	27:09	2:28	13	6:58	51	7:01	23.45	1:31:21	3:53	13	7:11	25	10:54
ZZ Rad	11.00	28:18	2:34	11	5:27	45	8:08	34.45	1:59:39	3:28	11	8:36	21	13:25
Rad Ende	11.00	22:29	2:02	11	6:04	48	6:04	45.45	2:22:08	3:07	13	41:33	28	14:22
Wechsel Rad-Lau	0.05	2:44	54:39	11	1:24	59	1:45	45.50	2:24:52	3:11	13	42:57	28	15:25
Rad □□□	44.05	1:46:35	2:25	13	31:43	59	31:43	45.50	2:24:52	3:11	13	42:57	28	15:25
ZZ Lauf	3.33	13:42	4:06	9	2:51	47	4:53	48.83	2:38:34	3:14	12	24:59	27	17:07
ZZ Lauf	3.33	29:34	8:52	9	6:42	44	10:14	52.16	3:08:08	3:36	10	38:38	22	18:31
Lauf	3.33	13:18	3:59	7	2:13	35	4:07	55.40	3:21:26	3:38	10	56:46	55	1:03:52