



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Kleber, Lothar

000: 3:29:58

00: Tri-Cops Warstein

00: 320

00: 55.40 km

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

00000/000: 64 (of 71)

00000/0: 57 (of 61)

000000: 2:17:34

0000:

Senioren 3 (50-54 Jahre)

00000: 9(of 9)

0000000: 2:37:16

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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	35:10	25:07	8	12:08	56	14:21	1.40	35:10	25:07	9	9:31	29	4:07
Schwimmen 0	1.40	35:10	25:07	9	9:31	29	4:07	1.40	35:10	25:07	9	9:31	29	4:07
Wechsel Schwim	0.05	3:23	67:39	6	1:18	51	1:58	1.45	38:33	26:35	9	10:49	29	4:57
Schwimmen 000	1.45	38:33	26:35	9	10:49	29	4:57	1.45	38:33	26:35	9	10:49	29	4:57
ZZ Rad	11.00	24:10	2:11	9	4:31	46	6:26	12.45	1:02:43	5:02	9	15:20	27	3:32
ZZ Rad	11.00	26:39	2:25	8	4:51	49	6:31	23.45	1:29:22	3:48	9	20:11	26	8:55
ZZ Rad	11.00	27:55	2:32	8	5:57	43	7:45	34.45	1:57:17	3:24	8	26:08	22	11:03
Rad Ende	11.00	23:23	2:07	9	4:59	51	6:58	45.45	2:20:40	3:05	9	31:07	29	12:54
Wechsel Rad-Lau	0.05	1:46	35:19	5	0:29	36	0:47	45.50	2:22:26	3:07	9	31:14	29	12:59
Rad 000	44.05	1:43:53	2:21	9	20:25	55	29:01	45.50	2:22:26	3:07	9	31:14	29	12:59
ZZ Lauf	3.33	15:25	4:37	8	4:22	52	6:36	48.83	2:37:51	3:13	9	35:22	28	16:24
ZZ Lauf	3.33	35:50	10:45	9	12:49	48	16:30	52.16	3:13:41	3:42	9	48:11	23	24:04
Lauf	3.33	16:17	4:53	9	4:40	53	7:06	55.40	3:29:58	3:47	9	52:42	57	1:12:24