



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Kleber, Lothar

□□□: 3:29:58

□□: Tri-Cops Warstein

□□: 320

□□: 55.40 km

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

□□□□□/□□□: 64 (of 71)

□□□□□/□: 57 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 9(of 9)

□□□□□□□: 2:37:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □	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 □□□	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 □□□	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	