



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Roters, Heinrich

□□□: 3:32:58

□□: DJK TRI Rhede

□□: 302

□□: 55.40 km

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

□□□□□/□□□: 67 (of 71)

□□□□□/□: 58 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 4(of 4)

□□□□□□□: 2:41:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	33:49	24:09	4	8:44	53	13:00	1.40	33:49	24:09	4	8:44	30	2:46
Schwimmen □	1.40	33:49	24:09	4	8:44	30	2:46	1.40	33:49	24:09	4	8:44	30	2:46
Wechsel Schwim	0.05	3:36	72:00	4	1:22	54	2:11	1.45	37:25	25:48	4	10:06	30	3:49
Schwimmen □□□	1.45	37:25	25:48	4	10:06	30	3:49	1.45	37:25	25:48	4	10:06	30	3:49
ZZ Rad	11.00	26:30	2:24	4	8:08	51	8:46	12.45	1:03:55	5:08	4	18:14	28	4:44
ZZ Rad	11.00	29:28	2:40	3	7:58	53	9:20	23.45	1:33:23	3:58	3	26:12	27	12:56
ZZ Rad	11.00	29:20	2:39	3	7:30	46	9:10	34.45	2:02:43	3:33	3	33:42	23	16:29
Rad Ende	11.00	23:51	2:10	3	5:47	53	7:26	45.45	2:26:34	3:13	4	39:29	30	18:48
Wechsel Rad-Lau	0.05	1:52	37:19	3	0:09	39	0:53	45.50	2:28:26	3:15	4	39:38	30	18:59
Rad □□□	44.05	1:51:01	2:31	4	29:32	61	36:09	45.50	2:28:26	3:15	4	39:38	30	18:59
ZZ Lauf	3.33	15:14	4:34	4	3:33	51	6:25	48.83	2:43:40	3:21	4	43:11	29	22:13
ZZ Lauf	3.33	33:05	9:56	3	6:00	47	13:45	52.16	3:16:45	3:46	3	49:11	24	27:08
Lauf	3.33	16:13	4:52	3	2:37	51	7:02	55.40	3:32:58	3:50	4	51:15	58	1:15:24