



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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**Pultar, Ralf**

□□□: 3:41:10

□□: Inden

□□: 318

□□: 55.40 km

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

□□□□□/□□□: 68 (of 71)

□□□□□/□: 59 (of 61)

□□□□□□: 2:17:34

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 13(of 13)

□□□□□□□: 2:24:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	44:16	31:37	13	20:45	61	23:27	1.40	44:16	31:37	13	20:45	31	13:13	
Schwimmen □	1.40	44:16	31:37	13	20:45	31	13:13	1.40	44:16	31:37	13	20:45	31	13:13	
Wechsel Schwim	0.05	5:34	111:19	13	4:09	61	4:09	1.45	49:50	34:22	13	24:27	31	16:14	
Schwimmen □□□	1.45	49:50	34:22	13	24:27	31	16:14	1.45	49:50	34:22	13	24:27	31	16:14	
ZZ Rad	11.00	26:38	2:25	9	8:32	52	8:54	12.45	1:16:28	6:08	11	32:59	29	17:17	
ZZ Rad	11.00	27:08	2:28	10	6:37	50	7:00	23.45	1:43:36	4:25	11	39:36	28	23:09	
ZZ Rad	11.00	30:08	2:44	9	9:07	47	9:58	34.45	2:13:44	3:52	9	48:43	24	27:30	
Rad Ende	11.00	23:31	2:08	11	6:28	52	7:06	45.45	2:37:15	3:27	13	55:11	31	29:29	
Wechsel Rad-Lau	0.05	2:21	47:00	12	1:10	54	1:22	45.50	2:39:36	3:30	13	56:21	31	30:09	
Rad □□□	44.05	1:49:46	2:29	13	33:13	60	34:54	45.50	2:39:36	3:30	13	56:21	31	30:09	
ZZ Lauf	3.33	14:57	4:29	11	5:28	50	6:08	48.83	2:54:33	3:34	13	40:58	30	33:06	
ZZ Lauf	3.33	31:53	9:34	10	12:06	46	12:33	52.16	3:26:26	3:57	10	1:02:00	25	36:49	
Lauf	3.33	14:44	4:25	12	4:18	49	5:33	55.40	3:41:10	3:59	13	1:16:51	59	1:23:36	