



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Weier, Ralf

□□□: 1:10:23

□□: Marathon-Club Menden

□□: 209

□□: 25.70 km

Volksdistanz (0,70-20,00-5,00)

□□□□□/□□□: 6 (of 116)

□□□□□/□: 6 (of 92)

□□□□□□: 1:03:19

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 1(of 10)

□□□□□□□: 1:10:23

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.70	13:24	19:08	1	-	15	3:45	0.70	13:24	19:08	1	-	65	
Schwimmen □	0.70	13:24	19:08	1	-	65		0.70	13:24	19:08	1	-	65	
Wechsel Schwim	0.05	1:42	34:00	1	-	14	0:30	0.75	15:06	20:07	1	-	65	
Schwimmen □□□	0.75	15:06	20:07	1	-	65		0.75	15:06	20:07	1	-	65	
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	34:11	3:25	9	15:52	82	19:12	20.75	49:17	2:22	1	-	65	
Wechsel Rad-Lau	0.05	1:11	23:39	4	0:20	35	0:32	20.80	50:28	2:25	1	-	65	
Rad □□□	20.05	35:22	1:45	1	-	4	0:45	20.80	50:28	2:25	1	-	65	
ZZ Lauf	2.50	9:38	3:51	1	-	3	0:47	23.30	1:00:06	2:34	1	-	66	
Lauf	2.50	10:17	4:06	1	-	4	0:55	25.70	1:10:23	2:44	1	-	6	7:04