



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Berg, Frank

000: 1:13:47

00: 1. Tri-Club Paderborn

00: 188

00: 25.70 km

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

00000/000: 11 (of 116)

00000/0: 11 (of 92)

000000: 1:03:19

0000:

00000: 4(of 23)

Senioren 2 (45-49 Jahre)

0000000: 1:10:03

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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	0.70	12:33	17:55	2	0:20	9	2:54	0.70	12:33	17:55	21		60	
Schwimmen 0	0.70	12:33	17:55	21		60		0.70	12:33	17:55	21		60	
Wechsel Schwim	0.05	2:02	40:39	8	0:37	28	0:50	0.75	14:35	19:26	21		60	
Schwimmen 000	0.75	14:35	19:26	21		60		0.75	14:35	19:26	21		60	
ZZ Rad	10.00	19:03	1:54	3	0:51	7	1:35	10.75	33:38	3:07	19		57	
Rad Ende	10.00	17:41	1:46	5	2:42	10	2:42	20.75	51:19	2:28	21		60	
Wechsel Rad-Lau	0.05	1:17	25:40	9	0:30	44	0:38	20.80	52:36	2:31	21		60	
Rad 000	20.05	38:01	1:53	4	2:10	14	3:24	20.80	52:36	2:31	21		60	
ZZ Lauf	2.50	10:29	4:11	4	1:08	11	1:38	23.30	1:03:05	2:42	21		61	
Lauf	2.50	10:42	4:16	4	0:55	10	1:20	25.70	1:13:47	2:52	4	3:44	11	10:28