



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Orlowski, Carsten

□□□: 1:15:50

□□: RSC / Aqua-Sports Plettenberg

□□: 185

□□: 25.70 km

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

□□□□□/□□□: 18 (of 116)

□□□□□/□: 17 (of 92)

□□□□□□: 1:03:19

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 4(of 16)

□□□□□□□: 1:12:49

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 0.70 | 13:20 | 19:02 | 2 | 0:06 | 13 | 3:41 | 0.70 | 13:20 | 19:02 | 4 | | | 54 | |
| Schwimmen □ | 0.70 | 13:20 | 19:02 | 4 | | | 54 | 0.70 | 13:20 | 19:02 | 4 | | | 54 | |
| Wechsel Schwim | 0.05 | 2:18 | 45:59 | 8 | 0:50 | 39 | 1:06 | 0.75 | 15:38 | 20:50 | 4 | 0:23 | | 54 | |
| Schwimmen □□□ | 0.75 | 15:38 | 20:50 | 4 | 0:23 | 54 | | 0.75 | 15:38 | 20:50 | 4 | 0:23 | | 54 | |
| ZZ Rad | 10.00 | 18:29 | 1:50 | 2 | 0:16 | 4 | 1:01 | 10.75 | 34:07 | 3:10 | 3 | | | 52 | |
| Rad Ende | 10.00 | 17:10 | 1:43 | 1 | - | 5 | 2:11 | 20.75 | 51:17 | 2:28 | 4 | 0:03 | | 54 | |
| Wechsel Rad-Lau | 0.05 | 1:21 | 27:00 | 9 | 0:20 | 49 | 0:42 | 20.80 | 52:38 | 2:31 | 4 | 0:11 | | 54 | |
| Rad □□□ | 20.05 | 37:00 | 1:50 | 2 | 0:25 | 9 | 2:23 | 20.80 | 52:38 | 2:31 | 4 | 0:11 | | 54 | |
| ZZ Lauf | 2.50 | 11:15 | 4:30 | 6 | 1:15 | 30 | 2:24 | 23.30 | 1:03:53 | 2:44 | 4 | 1:26 | | 55 | |
| Lauf | 2.50 | 11:57 | 4:46 | 7 | 1:35 | 38 | 2:35 | 25.70 | 1:15:50 | 2:57 | 4 | 3:01 | 17 | 12:31 | |