



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Go for Gold

□□□: 1:17:18

□□: Go for Gold

□□: 62

□□: 25.70 km

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

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□□□□□□: 1:12:01

□□□□:

□□□□□: 5(of 28)

Staffel

□□□□□□□: 1:12:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	21:08	30:11	24	11:34	24	11:34	0.70	21:08	30:11	24	7:27	24	7:27
Schwimmen □	0.70	21:08	30:11	24	7:27	24	7:27	0.70	21:08	30:11	24	7:27	24	7:27
Wechsel Schwim	0.05	1:29	29:40	13	0:22	13	0:22	0.75	22:37	30:09	24	7:33	24	7:33
Schwimmen □□□	0.75	22:37	30:09	24	7:33	24	7:33	0.75	22:37	30:09	24	7:33	24	7:33
ZZ Rad	10.00	14:05	1:24	2	0:31	2	0:31	10.75	36:42	3:24	24		24	
Rad Ende	10.00	21:00	2:06	15	3:17	15	3:17	20.75	57:42	2:46	24		24	
Wechsel Rad-Lau	0.05	1:37	32:19	27	1:01	27	1:01	20.80	59:19	2:51	24		24	
Rad □□□	20.05	36:42	1:49	1	-	1	-	20.80	59:19	2:51	24		24	
ZZ Lauf	2.50	5:23	2:09	1	-	1	-	23.30	1:04:42	2:46	24		24	
Lauf	2.50	12:36	5:02	14	2:22	14	2:22	25.70	1:17:18	3:00	5	5:17	5	5:17