



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Wunderlich, Jens

000: 1:17:46

00: Arnsberg

00: 191

00: 25.70 km

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

00000/000: 24 (of 116)

00000/0: 22 (of 92)

000000: 1:03:19

0000:

00000: 2(of 8)

AK4 männlich (35-39 Jahre)

0000000: 1:07:26

0000

0000

000

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	16:03	22:55	4	4:01	51	6:24	0.70	16:03	22:55	2	4:01	49	
Schwimmen 0	0.70	16:03	22:55	2	4:01	49		0.70	16:03	22:55	2	4:01	49	
Wechsel Schwim	0.05	2:53	57:39	6	1:16	65	1:41	0.75	18:56	25:14	2	5:11	49	
Schwimmen 000	0.75	18:56	25:14	2	5:11	49		0.75	18:56	25:14	2	5:11	49	
ZZ Rad	10.00	19:40	1:58	2	0:17	13	2:12	10.75	38:36	3:35	1	-	47	
Rad Ende	10.00	17:43	1:46	1	-	11	2:44	20.75	56:19	2:42	2	8:13	49	
Wechsel Rad-Lau	0.05	1:18	26:00	6	0:31	47	0:39	20.80	57:37	2:46	2	8:44	49	
Rad 000	20.05	38:41	1:55	3	3:33	21	4:04	20.80	57:37	2:46	2	8:44	49	
ZZ Lauf	2.50	9:57	3:58	2	1:06	5	1:06	23.30	1:07:34	2:53	1	-	50	
Lauf	2.50	10:12	4:04	2	0:50	3	0:50	25.70	1:17:46	3:01	2	10:20	22	14:27