



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Freis-Freis-Salewski

000: 1:18:36

00: Freis-Freis-Salewski

00: 50

00: 25.70 km

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

00000/000: 6 (of 28)

00000/000: 6 (of 28)

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00000: 6(of 28)

Staffel

0000000: 1:12:01

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen	0.70	17:15	24:38	13	7:41	13	7:41	0.70	17:15	24:38	23	3:34	23	3:34
Schwimmen 0	0.70	17:15	24:38	23	3:34	23	3:34	0.70	17:15	24:38	23	3:34	23	3:34
Wechsel Schwim	0.05	1:35	31:39	17	0:28	17	0:28	0.75	18:50	25:06	23	3:46	23	3:46
Schwimmen 000	0.75	18:50	25:06	23	3:46	23	3:46	0.75	18:50	25:06	23	3:46	23	3:46
ZZ Rad	10.00	13:34	1:21	1	-	1	-	10.75	32:24	3:00	23	-	23	-
Rad Ende	10.00	23:13	2:19	20	5:30	20	5:30	20.75	55:37	2:40	23	-	23	-
Wechsel Rad-Lau	0.05	1:28	29:19	26	0:52	26	0:52	20.80	57:05	2:44	23	-	23	-
Rad 000	20.05	38:15	1:54	4	1:33	4	1:33	20.80	57:05	2:44	23	-	23	-
ZZ Lauf	2.50	10:17	4:06	4	4:54	4	4:54	23.30	1:07:22	2:53	23	-	23	-
Lauf	2.50	11:14	4:29	3	1:00	3	1:00	25.70	1:18:36	3:03	6	6:35	6	6:35