



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Cabello, Oliver

000: 1:19:14

00: LG Kreuzbandriss

00: 218

00: 25.70 km

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

0000:

AK4 männlich (35-39 Jahre)

00000/000: 26 (of 116)

00000/0: 24 (of 92)

000000: 1:03:19

00000: 3(of 8)

0000000: 1:07:26

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.70	14:50	21:11	2	2:48	32	5:11	0.70	14:50	21:11	3	2:48	59		
Schwimmen 0	0.70	14:50	21:11	3	2:48	59		0.70	14:50	21:11	3	2:48	59		
Wechsel Schwim	0.05	1:37	32:19	1	-	10	0:25	0.75	16:27	21:56	3	2:42	51		
Schwimmen 000	0.75	16:27	21:56	3	2:42	51		0.75	16:27	21:56	3	2:42	51		
ZZ Rad	10.00	21:04	2:06	3	1:41	27	3:36	10.75	37:31	3:29	2		45		
Rad Ende	10.00	18:57	1:53	4	1:14	25	3:58	20.75	56:28	2:43	3	8:22	59		
Wechsel Rad-Lau	0.05	0:57	18:59	3	0:10	13	0:18	20.80	57:25	2:45	3	8:32	59		
Rad 000	20.05	40:58	2:02	5	5:50	33	6:21	20.80	57:25	2:45	3	8:32	59		
ZZ Lauf	2.50	10:45	4:17	3	1:54	15	1:54	23.30	1:08:10	2:55	2	0:36	48		
Lauf	2.50	11:04	4:25	4	1:42	15	1:42	25.70	1:19:14	3:04	3	11:48	24	15:55	