



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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hemscheidt, peter

□□□: 1:20:24

□□: plettenberg

□□: 200

□□: 25.70 km

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

□□□□□/□□□: 28 (of 116)

□□□□□/□: 26 (of 92)

□□□□□□: 1:03:19

□□□□:

□□□□□: 2(of 10)

Senioren 3 (50-54 Jahre)

□□□□□□□: 1:10:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	16:02	22:54	7	2:38	50	6:23	0.70	16:02	22:54	2	2:38	91		
Schwimmen □	0.70	16:02	22:54	2	2:38	91		0.70	16:02	22:54	2	2:38	91		
Wechsel Schwim	0.05	2:08	42:39	5	0:26	31	0:56	0.75	18:10	24:13	2	3:04	91		
Schwimmen □□□	0.75	18:10	24:13	2	3:04	91		0.75	18:10	24:13	2	3:04	91		
ZZ Rad	10.00	20:07	2:00	2	0:18	21	2:39	10.75	38:17	3:33	1	-	43		
Rad Ende	10.00	18:19	1:49	1	-	18	3:20	20.75	56:36	2:43	2	7:19	91		
Wechsel Rad-Lau	0.05	1:10	23:19	3	0:19	30	0:31	20.80	57:46	2:46	2	7:18	91		
Rad □□□	20.05	39:36	1:58	2	4:14	26	4:59	20.80	57:46	2:46	2	7:18	91		
ZZ Lauf	2.50	11:16	4:30	6	1:38	31	2:25	23.30	1:09:02	2:57	2	8:56	46		
Lauf	2.50	11:22	4:32	3	1:05	21	2:00	25.70	1:20:24	3:07	2	10:01	26	17:05	