



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Tillmann, Tobias

□□□: 1:21:21

□□: Tritus SV Neptun Neheim-Hüsten

□□: 157

□□: 25.70 km

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

□□□□□/□□□: 30 (of 116)

□□□□□/□: 28 (of 92)

□□□□□□: 1:03:19

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 3(of 10)

□□□□□□□: 1:05:28

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 0.70 | 14:05 | 20:07 | 3 | 3:20 | 23 | 4:26 | 0.70 | 14:05 | 20:07 | 3 | 3:20 | 90 | |
| Schwimmen □ | 0.70 | 14:05 | 20:07 | 3 | 3:20 | 90 | | 0.70 | 14:05 | 20:07 | 3 | 3:20 | 90 | |
| Wechsel Schwim | 0.05 | 1:59 | 39:39 | 3 | 0:18 | 26 | 0:47 | 0.75 | 16:04 | 21:25 | 3 | 3:38 | 90 | |
| Schwimmen □□□ | 0.75 | 16:04 | 21:25 | 3 | 3:38 | 90 | | 0.75 | 16:04 | 21:25 | 3 | 3:38 | 90 | |
| ZZ Rad | 10.00 | 19:58 | 1:59 | 2 | 0:12 | 19 | 2:30 | 10.75 | 36:02 | 3:21 | 2 | 2:51 | 42 | |
| Rad Ende | 10.00 | 18:50 | 1:53 | 2 | 0:59 | 23 | 3:51 | 20.75 | 54:52 | 2:38 | 3 | 8:34 | 90 | |
| Wechsel Rad-Lau | 0.05 | 1:10 | 23:19 | 6 | 0:16 | 30 | 0:31 | 20.80 | 56:02 | 2:41 | 3 | 8:41 | 90 | |
| Rad □□□ | 20.05 | 39:58 | 1:59 | 3 | 5:03 | 28 | 5:21 | 20.80 | 56:02 | 2:41 | 3 | 8:41 | 90 | |
| ZZ Lauf | 2.50 | 12:35 | 5:01 | 6 | 1:41 | 60 | 3:44 | 23.30 | 1:08:37 | 2:56 | 2 | 5:39 | 56 | |
| Lauf | 2.50 | 12:44 | 5:05 | 6 | 1:26 | 53 | 3:22 | 25.70 | 1:21:21 | 3:09 | 3 | 15:53 | 28 | 18:02 |