



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Schmiedel, Martin

□□□: 1:21:12

□□: SC Siedlinghausen

□□: 194

□□: 25.70 km

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

□□□□□/□□□: 29 (of 116)

□□□□□/□: 27 (of 92)

□□□□□□: 1:03:19

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 4(of 8)

□□□□□□□: 1:07:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	20:23	29:07	6	8:21	85	10:44	0.70	20:23	29:07	4	8:21	34	3:17	
Schwimmen □	0.70	20:23	29:07	4	8:21	34	3:17	0.70	20:23	29:07	4	8:21	34	3:17	
Wechsel Schwim	0.05	2:24	47:59	5	0:47	44	1:12	0.75	22:47	30:22	4	9:02	89	3:04	
Schwimmen □□□	0.75	22:47	30:22	4	9:02	89	3:04	0.75	22:47	30:22	4	9:02	89	3:04	
ZZ Rad	10.00	21:06	2:06	4	1:43	29	3:38	10.75	43:53	4:04	3	5:17	51	1:44	
Rad Ende	10.00	18:02	1:48	3	0:19	15	3:03	20.75	1:01:55	2:59	4	13:49	89		
Wechsel Rad-Lau	0.05	1:04	21:19	5	0:17	24	0:25	20.80	1:02:59	3:01	4	14:06	89		
Rad □□□	20.05	40:12	2:00	4	5:04	29	5:35	20.80	1:02:59	3:01	4	14:06	89		
ZZ Lauf	2.50	8:51	3:32	1	-	1	-	23.30	1:11:50	3:04	3	4:16	88		
Lauf	2.50	9:22	3:44	1	-	1	-	25.70	1:21:12	3:09	4	13:46	27	17:53	