



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Stomber, Sebastian

VCE Duderstadt

136

25.70 km

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

AK4 männlich (35-39 Jahre)

1:21:40

31 (of 116)

29 (of 92)

1:03:19

5(of 8)

1:07:26

Stomber, Sebastian

1:21:40

31

km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	
Schwimmen	0.70	19:22	27:40	5	7:20	80	9:43	0.70	19:22	27:40	5	7:20	88	2:16
Schwimmen	0.70	19:22	27:40	5	7:20	88	2:16	0.70	19:22	27:40	5	7:20	88	2:16
Wechsel Schwim	0.05	1:57	39:00	3	0:20	24	0:45	0.75	21:19	28:25	5	7:34	88	1:36
Schwimmen	0.75	21:19	28:25	5	7:34	88	1:36	0.75	21:19	28:25	5	7:34	88	1:36
ZZ Rad	10.00	19:23	1:56	1	-	9	1:55	10.75	40:42	3:47	4	2:06	80	
Rad Ende	10.00	17:50	1:46	2	0:07	13	2:51	20.75	58:32	2:49	5	10:26	88	
Wechsel Rad-Lau	0.05	0:56	18:39	2	0:09	12	0:17	20.80	59:28	2:51	5	10:35	88	
Rad	20.05	38:09	1:54	2	3:01	16	3:32	20.80	59:28	2:51	5	10:35	88	
ZZ Lauf	2.50	11:09	4:27	4	2:18	26	2:18	23.30	1:10:37	3:01	4	3:03	87	
Lauf	2.50	11:03	4:25	3	1:41	14	1:41	25.70	1:21:40	3:10	5	14:14	29	18:21