



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Reckendrees, Christoph

000: 1:22:11

00: www.gästehaus-hackl.at

00: 212

00: 25.70 km

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

0000:

Senioren 1 (40-44 Jahre)

00000/000: 34 (of 116)

00000/0: 32 (of 92)

000000: 1:03:19

00000: 7(of 16)

0000000: 1:12:49

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	14:18	20:25	6	1:04	25	4:39	0.70	14:18	20:25	7	0:48	85		
Schwimmen 0	0.70	14:18	20:25	7	0:48	85		0.70	14:18	20:25	7	0:48	85		
Wechsel Schwim	0.05	2:16	45:19	7	0:48	38	1:04	0.75	16:34	22:05	7	1:19	85		
Schwimmen 000	0.75	16:34	22:05	7	1:19	85		0.75	16:34	22:05	7	1:19	85		
ZZ Rad	10.00	20:50	2:04	6	2:37	24	3:22	10.75	37:24	3:28	6	2:55	77		
Rad Ende	10.00	19:09	1:54	6	1:59	28	4:10	20.75	56:33	2:43	7	5:19	85		
Wechsel Rad-Lau	0.05	1:03	21:00	2	0:02	21	0:24	20.80	57:36	2:46	7	5:09	85		
Rad 000	20.05	41:02	2:02	7	4:27	34	6:25	20.80	57:36	2:46	7	5:09	85		
ZZ Lauf	2.50	12:03	4:49	8	2:03	43	3:12	23.30	1:09:39	2:59	7	7:12	84		
Lauf	2.50	12:32	5:00	9	2:10	48	3:10	25.70	1:22:11	3:11	7	9:22	32	18:52	