



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Weber, Dieter

000: 1:22:29

00: PSV Brilon

00: 160

00: 25.70 km

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

00000/000: 36 (of 116)

00000/0: 34 (of 92)

000000: 1:03:19

0000:

00000: 3(of 10)

Senioren 3 (50-54 Jahre)

0000000: 1:10:23

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	16:40	23:48	8	3:16	58	7:01	0.70	16:40	23:48	3	3:16	83		
Schwimmen 0	0.70	16:40	23:48	3	3:16	83		0.70	16:40	23:48	3	3:16	83		
Wechsel Schwim	0.05	3:09	62:59	10	1:27	71	1:57	0.75	19:49	26:25	3	4:43	83	0:06	
Schwimmen 000	0.75	19:49	26:25	3	4:43	83	0:06	0.75	19:49	26:25	3	4:43	83	0:06	
ZZ Rad	10.00	19:49	1:58	1	-	17	2:21	10.75	39:38	3:41	2	1:21	75		
Rad Ende	10.00	18:42	1:52	2	0:23	21	3:43	20.75	58:20	2:48	3	9:03	83		
Wechsel Rad-Lau	0.05	1:46	35:19	9	0:55	72	1:07	20.80	1:00:06	2:53	3	9:38	83		
Rad 000	20.05	40:17	2:00	3	4:55	30	5:40	20.80	1:00:06	2:53	3	9:38	83		
ZZ Lauf	2.50	11:07	4:26	5	1:29	25	2:16	23.30	1:11:13	3:03	3	11:07	82		
Lauf	2.50	11:16	4:30	2	0:59	19	1:54	25.70	1:22:29	3:12	3	12:06	34	19:10	