



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

ITH Superbolts

□□□: 1:22:40

□□: ITH Superbolts

□□: 61

□□: 25.70 km

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

□□□□□/□□□: 8 (of 28)

□□□□□/□□□: 8 (of 28)

□□□□□□: 1:12:01

□□□□:

□□□□□: 8(of 28)

Staffel

□□□□□□□: 1:12:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	16:04	22:57	5	6:30	5	6:30	0.70	16:04	22:57	21	2:23	21	2:23
Schwimmen □	0.70	16:04	22:57	21	2:23	21	2:23	0.70	16:04	22:57	21	2:23	21	2:23
Wechsel Schwim	0.05	1:44	34:39	23	0:37	23	0:37	0.75	17:48	23:44	21	2:44	21	2:44
Schwimmen □□□	0.75	17:48	23:44	21	2:44	21	2:44	0.75	17:48	23:44	21	2:44	21	2:44
ZZ Rad	10.00	21:28	2:08	9	7:54	9	7:54	10.75	39:16	3:39	21	1:08	21	1:08
Rad Ende	10.00	19:44	1:58	9	2:01	9	2:01	20.75	59:00	2:50	21		21	
Wechsel Rad-Lau	0.05	0:48	16:00	18	0:12	18	0:12	20.80	59:48	2:52	21		21	
Rad □□□	20.05	42:00	2:05	10	5:18	10	5:18	20.80	59:48	2:52	21		21	
ZZ Lauf	2.50	10:58	4:23	8	5:35	8	5:35	23.30	1:10:46	3:02	21		21	
Lauf	2.50	11:54	4:45	9	1:40	9	1:40	25.70	1:22:40	3:12	8	10:39	8	10:39