



6. ITH Hennessee Triathlon

Meschede / 06.07.2013

0000

Werner, Karsten

000: 1:24:29

00: Witten

00: 165

00: 25.70 km

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

0000:

Senioren 2 (45-49 Jahre)

00000/000: 43 (of 116)

00000/0: 40 (of 92)

000000: 1:03:19

00000: 12(of 23)

0000000: 1:10:03

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	15:06	21:34	10	2:53	35	5:27	0.70	15:06	21:34	1	-	-	77	
Schwimmen 0	0.70	15:06	21:34	1	-	77		0.70	15:06	21:34	1	-	-	77	
Wechsel Schwim	0.05	2:56	58:39	17	1:31	66	1:44	0.75	18:02	24:02	1	-	-	77	
Schwimmen 000	0.75	18:02	24:02	1	-	77		0.75	18:02	24:02	1	-	-	77	
ZZ Rad	10.00	21:05	2:06	8	2:53	28	3:37	10.75	39:07	3:38	1	-	-	69	
Rad Ende	10.00	18:57	1:53	8	3:58	25	3:58	20.75	58:04	2:47	1	-	-	77	
Wechsel Rad-Lau	0.05	1:43	34:19	17	0:56	70	1:04	20.80	59:47	2:52	1	-	-	77	
Rad 000	20.05	41:45	2:04	9	5:54	35	7:08	20.80	59:47	2:52	1	-	-	77	
ZZ Lauf	2.50	12:11	4:52	14	2:50	47	3:20	23.30	1:11:58	3:05	1	-	-	76	
Lauf	2.50	12:31	5:00	12	2:44	47	3:09	25.70	1:24:29	3:17	12	14:26	40	21:10	