



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Kurten, Elmar

000: 1:24:40

00: Wasserfreunde Finnentrop

00: 204

00: 25.70 km

00000/000: 44 (of 116)

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

00000/0: 41 (of 92)

000000: 1:03:19

0000:

00000: 13(of 23)

Senioren 2 (45-49 Jahre)

0000000: 1:10:03

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.70	15:08	21:37	11	2:55	36	5:29	0.70	15:08	21:37	12	0:02	76	
Schwimmen 0	0.70	15:08	21:37	12	0:02	76		0.70	15:08	21:37	12	0:02	76	
Wechsel Schwim	0.05	2:01	40:19	7	0:36	27	0:49	0.75	17:09	22:51	12		76	
Schwimmen 000	0.75	17:09	22:51	12		76		0.75	17:09	22:51	12		76	
ZZ Rad	10.00	22:43	2:16	13	4:31	52	5:15	10.75	39:52	3:42	10	0:45	68	
Rad Ende	10.00	20:27	2:02	14	5:28	49	5:28	20.75	1:00:19	2:54	12	2:15	76	
Wechsel Rad-Lau	0.05	1:23	27:39	11	0:36	55	0:44	20.80	1:01:42	2:57	12	1:55	76	
Rad 000	20.05	44:33	2:13	17	8:42	62	9:56	20.80	1:01:42	2:57	12	1:55	76	
ZZ Lauf	2.50	11:24	4:33	8	2:03	35	2:33	23.30	1:13:06	3:08	12	1:08	75	
Lauf	2.50	11:34	4:37	7	1:47	30	2:12	25.70	1:24:40	3:17	13	14:37	41	21:21