



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Mühlenz, Tom

000: 1:25:02

00: Recklinghausen

00: 106

00: 25.70 km

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

00000/000: 46 (of 116)

00000/0: 43 (of 92)

000000: 1:03:19

0000:

00000: 6(of 8)

AK4 männlich (35-39 Jahre)

0000000: 1:07:26

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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	14:54	21:17	3	2:52	33	5:15	0.70	14:54	21:17	6	2:52	73	
Schwimmen 0	0.70	14:54	21:17	6	2:52	73		0.70	14:54	21:17	6	2:52	73	
Wechsel Schwim	0.05	2:06	42:00	4	0:29	30	0:54	0.75	17:00	22:40	6	3:15	73	
Schwimmen 000	0.75	17:00	22:40	6	3:15	73		0.75	17:00	22:40	6	3:15	73	
ZZ Rad	10.00	22:21	2:14	5	2:58	45	4:53	10.75	39:21	3:39	5	0:45	66	
Rad Ende	10.00	20:40	2:04	5	2:57	51	5:41	20.75	1:00:01	2:53	6	11:55	73	
Wechsel Rad-Lau	0.05	0:58	19:19	4	0:11	17	0:19	20.80	1:00:59	2:55	6	12:06	73	
Rad 000	20.05	43:59	2:11	6	8:51	55	9:22	20.80	1:00:59	2:55	6	12:06	73	
ZZ Lauf	2.50	12:03	4:49	5	3:12	43	3:12	23.30	1:13:02	3:08	5	5:28	70	
Lauf	2.50	12:00	4:47	5	2:38	39	2:38	25.70	1:25:02	3:18	6	17:36	43	21:43