



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Büchert, Tobias

□□□: 1:25:58

□□: Borener SV

□□: 148

□□: 25.70 km

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

□□□□□/□□□: 54 (of 116)

□□□□□/□: 51 (of 92)

□□□□□□: 1:03:19

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 6(of 10)

□□□□□□□: 1:05:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	17:32	25:02	10	6:47	67	7:53	0.70	17:32	25:02	5	6:47	36	0:26
Schwimmen □	0.70	17:32	25:02	5	6:47	36	0:26	0.70	17:32	25:02	5	6:47	36	0:26
Wechsel Schwim	0.05	3:16	65:19	8	1:35	74	2:04	0.75	20:48	27:44	5	8:22	36	1:05
Schwimmen □□□	0.75	20:48	27:44	5	8:22	36	1:05	0.75	20:48	27:44	5	8:22	36	1:05
ZZ Rad	10.00	21:48	2:10	4	2:02	41	4:20	10.75	42:36	3:57	4	9:25	63	0:27
Rad Ende	10.00	19:52	1:59	4	2:01	40	4:53	20.75	1:02:28	3:00	5	16:10	36	
Wechsel Rad-Lau	0.05	0:55	18:19	2	0:01	11	0:16	20.80	1:03:23	3:02	5	16:02	36	
Rad □□□	20.05	42:35	2:07	5	7:40	47	7:58	20.80	1:03:23	3:02	5	16:02	36	
ZZ Lauf	2.50	11:12	4:28	2	0:18	27	2:21	23.30	1:14:35	3:12	4	11:37	69	
Lauf	2.50	11:23	4:33	2	0:05	22	2:01	25.70	1:25:58	3:20	6	20:30	51	22:39