



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Riepelmeier, Ulrich

□□□: 1:25:31

□□: Köln

□□: 214

□□: 25.70 km

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

□□□□□/□□□: 49 (of 116)

□□□□□/□: 46 (of 92)

□□□□□□: 1:03:19

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 14(of 23)

□□□□□□□: 1:10:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	15:35	22:15	15	3:22	43	5:56	0.70	15:35	22:15	11	0:29	22		
Schwimmen □	0.70	15:35	22:15	11	0:29	22		0.70	15:35	22:15	11	0:29	22		
Wechsel Schwim	0.05	2:32	50:39	14	1:07	50	1:20	0.75	18:07	24:09	11	0:05	22		
Schwimmen □□□	0.75	18:07	24:09	11	0:05	22		0.75	18:07	24:09	11	0:05	22		
ZZ Rad	10.00	21:40	2:10	11	3:28	36	4:12	10.75	39:47	3:42	9	0:40	62		
Rad Ende	10.00	19:25	1:56	10	4:26	34	4:26	20.75	59:12	2:51	11	1:08	22		
Wechsel Rad-Lau	0.05	1:27	28:59	12	0:40	58	0:48	20.80	1:00:39	2:54	11	0:52	22		
Rad □□□	20.05	42:32	2:07	12	6:41	44	7:55	20.80	1:00:39	2:54	11	0:52	22		
ZZ Lauf	2.50	12:15	4:54	15	2:54	49	3:24	23.30	1:12:54	3:07	11	0:56	34		
Lauf	2.50	12:37	5:02	14	2:50	51	3:15	25.70	1:25:31	3:19	14	15:28	46	22:12	