



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

## AEG PS Team19

□□□: 1:25:42

□□: AEG PS Team19

□□: 47

□□: 25.70 km

□□□□□/□□□: 10 (of 28)

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

□□□□□/□□□: 10 (of 28)

□□□□□□: 1:12:01

□□□□:

□□□□□: 10(of 28)

Staffel

□□□□□□□: 1:12:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	20:26	29:11	21	10:52	21	10:52	0.70	20:26	29:11	19	6:45	19	6:45
Schwimmen □	0.70	20:26	29:11	19	6:45	19	6:45	0.70	20:26	29:11	19	6:45	19	6:45
Wechsel Schwim	0.05	1:19	26:19	5	0:12	5	0:12	0.75	21:45	29:00	19	6:41	19	6:41
Schwimmen □□□	0.75	21:45	29:00	19	6:41	19	6:41	0.75	21:45	29:00	19	6:41	19	6:41
ZZ Rad	10.00	21:38	2:09	13	8:04	13	8:04	10.75	43:23	4:02	19	5:15	19	5:15
Rad Ende	10.00	20:43	2:04	12	3:00	12	3:00	20.75	1:04:06	3:05	19	3:14	19	3:14
Wechsel Rad-Lau	0.05	0:43	14:19	7	0:07	7	0:07	20.80	1:04:49	3:06	19	2:54	19	2:54
Rad □□□	20.05	43:04	2:08	14	6:22	14	6:22	20.80	1:04:49	3:06	19	2:54	19	2:54
ZZ Lauf	2.50	9:58	3:59	3	4:35	3	4:35	23.30	1:14:47	3:12	19		19	
Lauf	2.50	10:55	4:21	2	0:41	2	0:41	25.70	1:25:42	3:20	10	13:41	10	13:41