



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

hemscheidt, lukas

000: 1:25:54

00: plettenberg

00: 199

00: 25.70 km

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

00000/000: 52 (of 116)

00000/0: 49 (of 92)

000000: 1:03:19

0000:

00000: 4(of 4)

Junioren (18+19 Jahre)

0000000: 1:03:19

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.70	15:48	22:34	4	6:09	46	6:09	0.70	15:48	22:34	4	6:09	19	
Schwimmen 0	0.70	15:48	22:34	4	6:09	19		0.70	15:48	22:34	4	6:09	19	
Wechsel Schwim	0.05	2:13	44:20	3	0:50	33	1:01	0.75	18:01	24:01	4	6:59	19	
Schwimmen 000	0.75	18:01	24:01	4	6:59	19		0.75	18:01	24:01	4	6:59	19	
ZZ Rad	10.00	21:43	2:10	4	4:15	39	4:15	10.75	39:44	3:41	4	11:14	19	
Rad Ende	10.00	19:18	1:55	4	2:51	31	4:19	20.75	59:02	2:50	4	14:05	19	
Wechsel Rad-Lau	0.05	1:21	27:00	4	0:39	49	0:42	20.80	1:00:23	2:54	4	14:44	19	
Rad 000	20.05	42:22	2:06	4	7:45	43	7:45	20.80	1:00:23	2:54	4	14:44	19	
ZZ Lauf	2.50	12:25	4:58	3	2:35	55	3:34	23.30	1:12:48	3:07	3	8:31	20	
Lauf	2.50	13:06	5:14	3	2:34	61	3:44	25.70	1:25:54	3:20	4	22:35	49	22:35