



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Die 3 Gipfelstürmer

□□□: 1:26:40

□□: Die 3 Gipfelstürmer

□□: 60

□□: 25.70 km

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

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□□□□□□: 1:12:01

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	16:51	24:04	9	7:17	9	7:17	0.70	16:51	24:04	18	3:10	18	3:10
Schwimmen □	0.70	16:51	24:04	18	3:10	18	3:10	0.70	16:51	24:04	18	3:10	18	3:10
Wechsel Schwim	0.05	1:17	25:40	2	0:10	2	0:10	0.75	18:08	24:10	18	3:04	18	3:04
Schwimmen □□□	0.75	18:08	24:10	18	3:04	18	3:04	0.75	18:08	24:10	18	3:04	18	3:04
ZZ Rad	10.00	22:26	2:14	18	8:52	18	8:52	10.75	40:34	3:46	18	2:26	18	2:26
Rad Ende	10.00	21:49	2:10	17	4:06	17	4:06	20.75	1:02:23	3:00	18	1:31	18	1:31
Wechsel Rad-Lau	0.05	0:44	14:39	9	0:08	9	0:08	20.80	1:03:07	3:02	18	1:12	18	1:12
Rad □□□	20.05	44:59	2:14	18	8:17	18	8:17	20.80	1:03:07	3:02	18	1:12	18	1:12
ZZ Lauf	2.50	11:21	4:32	13	5:58	13	5:58	23.30	1:14:28	3:11	18		18	
Lauf	2.50	12:12	4:52	11	1:58	11	1:58	25.70	1:26:40	3:22	11	14:39	11	14:39