



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Hellriegel, Björn

□□□: 1:26:47

□□: Köln

□□: 128

□□: 25.70 km

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

□□□□□/□□□: 58 (of 116)

□□□□□/□: 55 (of 92)

□□□□□□: 1:03:19

□□□□:

□□□□□: 10(of 16)

Senioren 1 (40-44 Jahre)

□□□□□□□: 1:12:49

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen       | 0.70     | 13:59    | 19:58        | 5       | 0:45    | 21      | 4:20    | 0.70  | 13:59     | 19:58     | 10            | 0:29    | 16      |         |         |
| Schwimmen □     | 0.70     | 13:59    | 19:58        | 10      | 0:29    | 16      |         | 0.70  | 13:59     | 19:58     | 10            | 0:29    | 16      |         |         |
| Wechsel Schwim  | 0.05     | 2:44     | 54:39        | 12      | 1:16    | 62      | 1:32    | 0.75  | 16:43     | 22:17     | 10            | 1:28    | 16      |         |         |
| Schwimmen □□□   | 0.75     | 16:43    | 22:17        | 10      | 1:28    | 16      |         | 0.75  | 16:43     | 22:17     | 10            | 1:28    | 16      |         |         |
| ZZ Rad          | 10.00    | 22:31    | 2:15         | 8       | 4:18    | 49      | 5:03    | 10.75 | 39:14     | 3:38      | 8             | 4:45    | 16      |         |         |
| Rad Ende        | 10.00    | 20:01    | 2:00         | 8       | 2:51    | 43      | 5:02    | 20.75 | 59:15     | 2:51      | 10            | 8:01    | 16      |         |         |
| Wechsel Rad-Lau | 0.05     | 1:36     | 32:00        | 12      | 0:35    | 67      | 0:57    | 20.80 | 1:00:51   | 2:55      | 10            | 8:24    | 16      |         |         |
| Rad □□□         | 20.05    | 44:08    | 2:12         | 10      | 7:33    | 57      | 9:31    | 20.80 | 1:00:51   | 2:55      | 10            | 8:24    | 16      |         |         |
| ZZ Lauf         | 2.50     | 12:30    | 5:00         | 11      | 2:30    | 57      | 3:39    | 23.30 | 1:13:21   | 3:08      | 10            | 10:54   | 17      |         |         |
| Lauf            | 2.50     | 13:26    | 5:22         | 12      | 3:04    | 69      | 4:04    | 25.70 | 1:26:47   | 3:22      | 10            | 13:58   | 55      | 23:28   |         |