



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Bruch, Guido

000: 1:27:27

00: Turnverein Griesenbrauck

00: 154

00: 25.70 km

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

00000/000: 60 (of 116)

00000/0: 57 (of 92)

000000: 1:03:19

0000:

Senioren 3 (50-54 Jahre)

00000: 9(of 10)

0000000: 1:10:23

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.70	19:30	27:51	10	6:06	82	9:51	0.70	19:30	27:51	9	6:06	15	2:24
Schwimmen 0	0.70	19:30	27:51	9	6:06	15	2:24	0.70	19:30	27:51	9	6:06	15	2:24
Wechsel Schwim	0.05	2:27	49:00	7	0:45	45	1:15	0.75	21:57	29:15	9	6:51	15	2:14
Schwimmen 000	0.75	21:57	29:15	9	6:51	15	2:14	0.75	21:57	29:15	9	6:51	15	2:14
ZZ Rad	10.00	21:40	2:10	3	1:51	36	4:12	10.75	43:37	4:03	7	5:20	15	1:28
Rad Ende	10.00	19:28	1:56	3	1:09	35	4:29	20.75	1:03:05	3:02	9	13:48	13	0:21
Wechsel Rad-Lau	0.05	0:51	17:00	1	-	8	0:12	20.80	1:03:56	3:04	9	13:28	15	
Rad 000	20.05	41:59	2:05	4	6:37	37	7:22	20.80	1:03:56	3:04	9	13:28	15	
ZZ Lauf	2.50	11:23	4:33	7	1:45	34	2:32	23.30	1:15:19	3:13	9	15:13	15	0:01
Lauf	2.50	12:08	4:51	7	1:51	41	2:46	25.70	1:27:27	3:24	9	17:04	57	24:08