



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Scheffer, Rudolf

□□□: 1:27:25

□□: Ruderclub Sorpesee

□□: 228

□□: 25.70 km

□□□□□/□□□: 59 (of 116)

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

□□□□□/□: 56 (of 92)

□□□□□□: 1:03:19

□□□□:

□□□□□: 1(of 4)

Senioren 4 (55-59 Jahre)

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.70	17:23	24:50	2	1:39	66	7:44	0.70	17:23	24:50	1	-	14	0:17
Schwimmen □	0.70	17:23	24:50	1	-	14	0:17	0.70	17:23	24:50	1	-	14	0:17
Wechsel Schwim	0.05	2:57	59:00	2	0:17	67	1:45	0.75	20:20	27:06	1	-	14	0:37
Schwimmen □□□	0.75	20:20	27:06	1	-	14	0:37	0.75	20:20	27:06	1	-	14	0:37
ZZ Rad	10.00	21:02	2:06	1	-	25	3:34	10.75	41:22	3:50	1	-	14	
Rad Ende	10.00	19:18	1:55	1	-	31	4:19	20.75	1:00:40	2:55	1	-	14	
Wechsel Rad-Lau	0.05	1:48	36:00	3	0:15	75	1:09	20.80	1:02:28	3:00	1	-	14	
Rad □□□	20.05	42:08	2:06	1	-	39	7:31	20.80	1:02:28	3:00	1	-	14	
ZZ Lauf	2.50	12:51	5:08	2	1:37	65	4:00	23.30	1:15:19	3:13	1	-	15	0:01
Lauf	2.50	12:06	4:50	2	0:42	40	2:44	25.70	1:27:25	3:24	1	-	56	24:06