



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Reuter, Vera

□□□: 1:29:05

□□: Witten

□□: 164

□□: 25.70 km

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

□□□□□/□□□: 66 (of 116)

□□□□□/□: 6 (of 24)

□□□□□□: 1:15:12

□□□□:

Seniorinnen 1 (40-44 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 1:29:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	17:07	24:27	1	-	13	3:18	0.70	17:07	24:27	1	-	20	0:13	
Schwimmen □	0.70	17:07	24:27	1	-	20	0:13	0.70	17:07	24:27	1	-	20	0:13	
Wechsel Schwim	0.05	2:44	54:39	1	-	14	1:03	0.75	19:51	26:28	1	-	20	0:28	
Schwimmen □□□	0.75	19:51	26:28	1	-	20	0:28	0.75	19:51	26:28	1	-	20	0:28	
ZZ Rad	10.00	22:22	2:14	1	-	3	2:48	10.75	42:13	3:55	1	-	4	6:36	
Rad Ende	10.00	20:28	2:02	1	-	3	2:23	20.75	1:02:41	3:01	1	-	20		
Wechsel Rad-Lau	0.05	1:32	30:40	1	-	8	0:33	20.80	1:04:13	3:05	1	-	20		
Rad □□□	20.05	44:22	2:12	1	-	4	5:31	20.80	1:04:13	3:05	1	-	20		
ZZ Lauf	2.50	12:22	4:56	1	-	7	2:33	23.30	1:16:35	3:17	1	-	20		
Lauf	2.50	12:30	5:00	1	-	6	2:01	25.70	1:29:05	3:27	1	-	6	13:53	