



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Delantonio, Karin

000: 1:31:11

00: SV Bergisch Gladbach 1920/71 e. V

00: 186

00: 25.70 km

00000/000: 71 (of 116)

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

00000/0: 7 (of 24)

000000: 1:15:12

0000:

00000: 3(of 4)

AK3 weiblich (30-34 Jahre)

0000000: 1:16:27

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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	13:54	19:51	2	0:05	2	0:05	0.70	13:54	19:51	3	0:05	19	
Schwimmen 0	0.70	13:54	19:51	3	0:05	19		0.70	13:54	19:51	3	0:05	19	
Wechsel Schwim	0.05	2:16	45:19	3	0:35	7	0:35	0.75	16:10	21:33	3	0:40	19	
Schwimmen 000	0.75	16:10	21:33	3	0:40	19		0.75	16:10	21:33	3	0:40	19	
ZZ Rad	10.00	24:17	2:25	2	2:18	5	4:43	10.75	40:27	3:45	2	2:37	5	4:50
Rad Ende	10.00	22:24	2:14	2	2:36	7	4:19	20.75	1:02:51	3:01	3	9:11	19	
Wechsel Rad-Lau	0.05	1:23	27:39	3	0:24	7	0:24	20.80	1:04:14	3:05	3	9:20	19	
Rad 000	20.05	48:04	2:23	3	8:40	11	9:13	20.80	1:04:14	3:05	3	9:20	19	
ZZ Lauf	2.50	13:02	5:12	3	2:32	9	3:13	23.30	1:17:16	3:18	3	11:52	19	
Lauf	2.50	13:55	5:33	3	2:52	12	3:26	25.70	1:31:11	3:32	3	14:44	7	15:59