



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Gazivoda, Caroline

000: 1:32:22

00: R then

00: 146

00: 25.70 km

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

00000/000: 76 (of 116)

00000/0: 9 (of 24)

000000: 1:15:12

0000:

00000: 1(of 1)

Juniorinnen (18+19 Jahre)

0000000: 1:32:22

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.70	14:02	20:02	1	-	4	0:13	0.70	14:02	20:02	1	-	-	17	
Schwimmen 0	0.70	14:02	20:02	1	-	17		0.70	14:02	20:02	1	-	-	17	
Wechsel Schwim	0.05	1:43	34:19	1	-	2	0:02	0.75	15:45	21:00	1	-	-	17	
Schwimmen 000	0.75	15:45	21:00	1	-	17		0.75	15:45	21:00	1	-	-	17	
ZZ Rad	10.00	25:45	2:34	1	-	9	6:11	10.75	41:30	3:51	1	-	-	7	5:53
Rad Ende	10.00	23:15	2:19	1	-	8	5:10	20.75	1:04:45	3:07	1	-	-	17	
Wechsel Rad-Lau	0.05	1:12	23:59	1	-	3	0:13	20.80	1:05:57	3:10	1	-	-	17	
Rad 000	20.05	50:12	2:30	1	-	12	11:21	20.80	1:05:57	3:10	1	-	-	17	
ZZ Lauf	2.50	12:57	5:10	1	-	8	3:08	23.30	1:18:54	3:23	1	-	-	17	
Lauf	2.50	13:28	5:23	1	-	9	2:59	25.70	1:32:22	3:35	1	-	-	9	17:10