



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Pagon, Ulrike

000: 1:36:53

00: TV Attendorn TRI-TIME

00: 138

00: 25.70 km

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

00000/000: 85 (of 116)

00000/0: 11 (of 24)

000000: 1:15:12

0000:

00000: 1(of 5)

Seniorinnen 2 (45-49 Jahre)

0000000: 1:36:53

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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	15:50	22:37	1	-	8	2:01	0.70	15:50	22:37	1	-	-	14	
Schwimmen 0	0.70	15:50	22:37	1	-	14		0.70	15:50	22:37	1	-	-	14	
Wechsel Schwim	0.05	2:41	53:39	3	0:18	12	1:00	0.75	18:31	24:41	1	-	-	14	
Schwimmen 000	0.75	18:31	24:41	1	-	14		0.75	18:31	24:41	1	-	-	14	
ZZ Rad	10.00	25:44	2:34	1	-	8	6:10	10.75	44:15	4:06	1	-	-	8	8:38
Rad Ende	10.00	23:26	2:20	1	-	9	5:21	20.75	1:07:41	3:15	1	-	-	14	
Wechsel Rad-Lau	0.05	1:44	34:39	2	0:01	13	0:45	20.80	1:09:25	3:20	1	-	-	14	
Rad 000	20.05	50:54	2:32	1	-	14	12:03	20.80	1:09:25	3:20	1	-	-	14	
ZZ Lauf	2.50	13:42	5:28	2	0:04	13	3:53	23.30	1:23:07	3:34	1	-	-	14	
Lauf	2.50	13:46	5:30	1	-	10	3:17	25.70	1:36:53	3:46	1	-	-	11	21:41