



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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**Berg, Claudia**

□□□: 1:38:51

□□: LT Elsen-Wewer

□□: 189

□□: 25.70 km

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

□□□□□/□□□: 91 (of 116)

□□□□□/□: 13 (of 24)

□□□□□□: 1:15:12

□□□□:

Seniorinnen 2 (45-49 Jahre)

□□□□□: 2(of 5)

□□□□□□□: 1:36:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.70	16:54	24:08	3	1:04	11	3:05	0.70	16:54	24:08	2	1:04	1	-	
Schwimmen □	0.70	16:54	24:08	2	1:04	1	-	0.70	16:54	24:08	2	1:04	1	-	
Wechsel Schwim	0.05	2:29	49:39	2	0:06	9	0:48	0.75	19:23	25:50	2	0:52	1	-	
Schwimmen □□□	0.75	19:23	25:50	2	0:52	1	-	0.75	19:23	25:50	2	0:52	1	-	
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-	
Rad Ende	10.00	50:18	5:01	5	26:52	23	32:13	20.75	1:09:41	3:21	2	2:00	1	-	
Wechsel Rad-Lau	0.05	1:43	34:19	1	-	12	0:44	20.80	1:11:24	3:25	2	1:59	1	-	
Rad □□□	20.05	52:01	2:35	2	1:07	15	13:10	20.80	1:11:24	3:25	2	1:59	1	-	
ZZ Lauf	2.50	13:38	5:27	1	-	12	3:49	23.30	1:25:02	3:38	2	1:55	1	-	
Lauf	2.50	13:49	5:31	2	0:03	11	3:20	25.70	1:38:51	3:50	2	1:58	13	23:39	