



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Krause, Silke

□□□: 1:42:36

□□: Marathon-Club Menden

□□: 210

□□: 25.70 km

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

□□□□□/□□□: 102 (of 116)

□□□□□/□: 16 (of 24)

□□□□□□: 1:15:12

□□□□:

Seniorinnen 2 (45-49 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 1:36:53

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□□□□

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen       | 0.70     | 16:58    | 24:14        | 4       | 1:08    | 12      | 3:09    | 0.70  | 16:58     | 24:14     | 3             | 1:08    | 10      | 0:04    |         |
| Schwimmen □     | 0.70     | 16:58    | 24:14        | 3       | 1:08    | 10      | 0:04    | 0.70  | 16:58     | 24:14     | 3             | 1:08    | 10      | 0:04    |         |
| Wechsel Schwim  | 0.05     | 2:23     | 47:39        | 1       | -       | 8       | 0:42    | 0.75  | 19:21     | 25:48     | 3             | 0:50    | 10      |         |         |
| Schwimmen □□□   | 0.75     | 19:21    | 25:48        | 3       | 0:50    | 10      |         | 0.75  | 19:21     | 25:48     | 3             | 0:50    | 10      |         |         |
| ZZ Rad          | 10.00    | 26:37    | 2:39         | 2       | 0:53    | 11      | 7:03    | 10.75 | 45:58     | 4:16      | 2             | 1:43    | 10      | 10:21   |         |
| Rad Ende        | 10.00    | 24:01    | 2:24         | 2       | 0:35    | 12      | 5:56    | 20.75 | 1:09:59   | 3:22      | 3             | 2:18    | 10      | 0:18    |         |
| Wechsel Rad-Lau | 0.05     | 2:03     | 40:59        | 4       | 0:20    | 20      | 1:04    | 20.80 | 1:12:02   | 3:27      | 3             | 2:37    | 10      | 0:38    |         |
| Rad □□□         | 20.05    | 52:41    | 2:37         | 4       | 1:47    | 19      | 13:50   | 20.80 | 1:12:02   | 3:27      | 3             | 2:37    | 10      | 0:38    |         |
| ZZ Lauf         | 2.50     | 14:43    | 5:53         | 4       | 1:05    | 18      | 4:54    | 23.30 | 1:26:45   | 3:43      | 3             | 3:38    | 10      | 1:43    |         |
| Lauf            | 2.50     | 15:51    | 6:20         | 5       | 2:05    | 18      | 5:22    | 25.70 | 1:42:36   | 3:59      | 3             | 5:43    | 16      | 27:24   |         |