



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Bühner, Nina

000: 1:50:36

00: Arnsberg

00: 100

00: 25.70 km

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

0000:

AK2 weiblich (25-29 Jahre)

00000/000: 112 (of 116)

00000/0: 22 (of 24)

000000: 1:15:12

00000: 8(of 8)

0000000: 1:15:12

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0000

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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	20:30	29:17	5	6:26	18	6:41	0.70	20:30	29:17	8	6:26	4	3:36	
Schwimmen 0	0.70	20:30	29:17	8	6:26	4	3:36	0.70	20:30	29:17	8	6:26	4	3:36	
Wechsel Schwim	0.05	2:59	59:39	6	1:00	16	1:18	0.75	23:29	31:18	8	7:26	4	4:06	
Schwimmen 000	0.75	23:29	31:18	8	7:26	4	4:06	0.75	23:29	31:18	8	7:26	4	4:06	
ZZ Rad	10.00	26:16	2:37	5	6:42	10	6:42	10.75	49:45	4:37	5	14:08	14	14:08	
Rad Ende	10.00	23:47	2:22	5	5:42	11	5:42	20.75	1:13:32	3:32	8	19:50	4	3:51	
Wechsel Rad-Lau	0.05	2:00	40:00	6	0:49	19	1:01	20.80	1:15:32	3:37	8	20:38	4	4:08	
Rad 000	20.05	52:03	2:35	7	13:12	16	13:12	20.80	1:15:32	3:37	8	20:38	4	4:08	
ZZ Lauf	2.50	17:12	6:52	8	7:23	24	7:23	23.30	1:32:44	3:58	8	28:01	4	7:42	
Lauf	2.50	17:52	7:08	8	7:23	22	7:23	25.70	1:50:36	4:18	8	35:24	22	35:24	