



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Günnewig, Ines

□□□: 2:47:58

□□: LV TriStar Oelde

□□: 364

□□: 55.40 km

□□□□□/□□□: 26 (of 71)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 1 (of 10)

□□□□□□: 2:47:58

□□□□:

□□□□□: 1(of 3)

AK4 weiblich (35-39 Jahre)

□□□□□□□: 2:47:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	26:53	19:12	1	-	1	-	1.40	26:53	19:12	2	-	-	2	-
Schwimmen □	1.40	26:53	19:12	2	-	2	-	1.40	26:53	19:12	2	-	-	2	-
Wechsel Schwim	0.05	2:40	53:19	2	0:29	4	0:29	1.45	29:33	20:22	2	-	-	2	-
Schwimmen □□□	1.45	29:33	20:22	2	-	2	-	1.45	29:33	20:22	2	-	-	2	-
ZZ Rad	11.00	22:26	2:02	1	-	3	1:07	12.45	51:59	4:10	1	-	-	1	-
ZZ Rad	11.00	24:36	2:14	1	-	2	0:02	23.45	1:16:35	3:15	1	-	-	1	-
ZZ Rad	11.00	24:48	2:15	1	-	2	0:14	34.45	1:41:23	2:56	1	-	-	1	-
Rad Ende	11.00	20:38	1:52	2	0:31	3	0:52	45.45	2:02:01	2:41	1	-	-	1	-
Wechsel Rad-Lau	0.05	1:16	25:19	1	-	1	-	45.50	2:03:17	2:42	1	-	-	1	-
Rad □□□	44.05	1:33:44	2:07	1	-	2	0:35	45.50	2:03:17	2:42	1	-	-	1	-
ZZ Lauf	3.33	10:54	3:16	1	-	1	-	48.83	2:14:11	2:44	1	-	-	1	-
ZZ Lauf	3.33	22:13	6:40	1	-	1	-	52.16	2:36:24	2:59	1	-	-	1	-
Lauf	3.33	11:34	3:28	1	-	1	-	55.40	2:47:58	3:01	1	-	-	1	-