



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Hissmann, Sonja

□□□: 2:55:02

□□: 1. Triathlon Club Paderborn

□□: 367

□□: 55.40 km

□□□□□/□□□: 37 (of 71)

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

□□□□□/□: 2 (of 10)

□□□□□□: 2:47:58

□□□□:

□□□□□: 1(of 2)

Seniorinnen 2 (45-49 Jahre)

□□□□□□□: 2:55:02

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	28:27	20:19	1	-	3	1:34	1.40	28:27	20:19	1	-	3		
Schwimmen □	1.40	28:27	20:19	1	-	3		1.40	28:27	20:19	1	-	3		
Wechsel Schwim	0.05	2:23	47:39	1	-	2	0:12	1.45	30:50	21:15	1	-	3		
Schwimmen □□□	1.45	30:50	21:15	1	-	3		1.45	30:50	21:15	1	-	3		
ZZ Rad	11.00	1:12:09	6:33	2	46:27	9	50:50	12.45	1:42:59	8:16	1	-	2	51:00	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	23.45	-	-	-	-	-	-	-
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-	-
Rad Ende	11.00	21:16	1:56	1	-	5	1:30	45.45	2:04:15	2:44	1	-	2	2:14	
Wechsel Rad-Lau	0.05	1:45	35:00	1	-	4	0:29	45.50	2:06:00	2:46	1	-	2	2:43	
Rad □□□	44.05	1:35:10	2:09	1	-	4	2:01	45.50	2:06:00	2:46	1	-	2	2:43	
ZZ Lauf	3.33	11:29	3:26	1	-	2	0:35	48.83	2:17:29	2:48	1	-	2	3:18	
ZZ Lauf	3.33	fehlt!	-	-	-	-	-	52.16	-	-	-	-	-	-	-
Lauf	3.33	37:33	11:16	2	23:07	9	25:59	55.40	2:55:02	3:09	1	-	2	7:04	