



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Wessels, Elke

000: 2:59:32

00: 1. tco die bären

00: 352

00: 55.40 km

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

00000/000: 44 (of 71)

00000/0: 3 (of 10)

000000: 2:47:58

0000:

AK4 weiblich (35-39 Jahre)

00000: 2(of 3)

0000000: 2:47:58

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	1.40	28:07	20:05	2	1:14	2	1:14	1.40	28:07	20:05	3	-	4	
Schwimmen 0	1.40	28:07	20:05	3		4		1.40	28:07	20:05	3		4	
Wechsel Schwim	0.05	2:11	43:39	1	-	1	-	1.45	30:18	20:53	3		4	
Schwimmen 000	1.45	30:18	20:53	3		4		1.45	30:18	20:53	3		4	
ZZ Rad	11.00	23:28	2:07	2	1:02	4	2:09	12.45	53:46	4:19	2	1:47	3	1:47
ZZ Rad	11.00	25:21	2:18	2	0:45	4	0:47	23.45	1:19:07	3:22	2	2:32	2	2:32
ZZ Rad	11.00	24:51	2:15	2	0:03	3	0:17	34.45	1:43:58	3:01	2	2:35	2	2:35
Rad Ende	11.00	20:07	1:49	1	-	2	0:21	45.45	2:04:05	2:43	2	2:04	3	2:04
Wechsel Rad-Lau	0.05	1:28	29:19	2	0:12	2	0:12	45.50	2:05:33	2:45	2	2:16	3	2:16
Rad 000	44.05	1:35:15	2:09	2	1:31	5	2:06	45.50	2:05:33	2:45	2	2:16	3	2:16
ZZ Lauf	3.33	13:04	3:55	2	2:10	6	2:10	48.83	2:18:37	2:50	2	4:26	3	4:26
ZZ Lauf	3.33	27:23	8:13	2	5:10	4	5:10	52.16	2:46:00	3:10	2	9:36	2	9:36
Lauf	3.33	13:32	4:03	2	1:58	5	1:58	55.40	2:59:32	3:14	2	11:34	3	11:34