



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

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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0000

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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 |