



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Müller, Alexandra

□□□: 3:04:08

□□: Team Erdinger Alkoholfrei

□□: 335

□□: 55.40 km

□□□□□/□□□: 51 (of 71)

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

□□□□□/□: 4 (of 10)

□□□□□□: 2:47:58

□□□□:

□□□□□: 1(of 2)

Seniorinnen 1 (40-44 Jahre)

□□□□□□□: 3:04:08

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	33:54	24:12	2	1:41	7	7:01	1.40	33:54	24:12	1	-	5		
Schwimmen □	1.40	33:54	24:12	1	-	5		1.40	33:54	24:12	1	-	5		
Wechsel Schwim	0.05	2:58	59:20	2	0:09	7	0:47	1.45	36:52	25:25	1	-	5		
Schwimmen □□□	1.45	36:52	25:25	1	-	5		1.45	36:52	25:25	1	-	5		
ZZ Rad	11.00	21:19	1:56	1	-	1	-	12.45	58:11	4:40	1	-	4	6:12	
ZZ Rad	11.00	25:05	2:16	1	-	3	0:31	23.45	1:23:16	3:33	1	-	3	6:41	
ZZ Rad	11.00	25:42	2:20	1	-	4	1:08	34.45	1:48:58	3:09	1	-	3	7:35	
Rad Ende	11.00	21:03	1:54	1	-	4	1:17	45.45	2:10:01	2:51	1	-	4	8:00	
Wechsel Rad-Lau	0.05	1:56	38:39	1	-	6	0:40	45.50	2:11:57	2:53	1	-	4	8:40	
Rad □□□	44.05	1:35:05	2:09	1	-	3	1:56	45.50	2:11:57	2:53	1	-	4	8:40	
ZZ Lauf	3.33	12:13	3:40	1	-	4	1:19	48.83	2:24:10	2:57	1	-	4	9:59	
ZZ Lauf	3.33	26:34	7:58	1	-	3	4:21	52.16	2:50:44	3:16	1	-	3	14:20	
Lauf	3.33	13:24	4:01	1	-	4	1:50	55.40	3:04:08	3:19	1	-	4	16:10	