



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Dalbert, Kerstin

000: 2:09:37

00: Team Erdinger alkoholfrei

00: 220

00: 25.70 km

Volksdistanz (0,70-20,00-5,00)

00000/000: 116 (of 116)

00000/0: 24 (of 24)

000000: 1:15:12

0000:

Seniorinnen 3 (50-54 Jahre)

00000: 1(of 1)

0000000: 2:09:37

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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	0.70	20:54	29:51	1	-	20	7:05	0.70	20:54	29:51	1	-	2	4:00
Schwimmen 0	0.70	20:54	29:51	1	-	2	4:00	0.70	20:54	29:51	1	-	2	4:00
Wechsel Schwim	0.05	6:41	133:39	1	-	24	5:00	0.75	27:35	36:46	1	-	2	8:12
Schwimmen 000	0.75	27:35	36:46	1	-	2	8:12	0.75	27:35	36:46	1	-	2	8:12
ZZ Rad	10.00	32:38	3:15	1	-	16	13:04	10.75	1:00:13	5:36	1	-	16	24:36
Rad Ende	10.00	29:29	2:56	1	-	16	11:24	20.75	1:29:42	4:19	1	-	2	20:01
Wechsel Rad-Lau	0.05	2:26	48:39	1	-	23	1:27	20.80	1:32:08	4:25	1	-	2	20:44
Rad 000	20.05	1:04:33	3:13	1	-	24	25:42	20.80	1:32:08	4:25	1	-	2	20:44
ZZ Lauf	2.50	15:58	6:23	1	-	22	6:09	23.30	1:48:06	4:38	1	-	2	23:04
Lauf	2.50	21:31	8:36	1	-	24	11:02	25.70	2:09:37	5:02	1	-	24	54:25