



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Sander, Conny

000: 3:07:25

00: TriTeam WSU Warendorf

00: 312

00: 55.40 km

00000/000: 54 (of 71)

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

00000/0: 5 (of 10)

000000: 2:47:58

0000:

00000: 1(of 2)

AK3 weiblich (30-34 Jahre)

0000000: 3:07:25

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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	30:03	21:27	1	-	4	3:10	1.40	30:03	21:27	1	-	6	
Schwimmen 0	1.40	30:03	21:27	1	-	6		1.40	30:03	21:27	1	-	6	
Wechsel Schwim	0.05	2:23	47:39	1	-	2	0:12	1.45	32:26	22:22	1	-	6	
Schwimmen 000	1.45	32:26	22:22	1	-	6		1.45	32:26	22:22	1	-	6	
ZZ Rad	11.00	50:11	4:33	2	24:53	8	28:52	12.45	1:22:37	6:38	1	-	5	30:38
ZZ Rad	11.00	26:51	2:26	1	-	5	2:17	23.45	1:49:28	4:40	1	-	4	32:53
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	22:03	2:00	1	-	6	2:17	45.45	2:11:31	2:53	1	-	5	9:30
Wechsel Rad-Lau	0.05	1:36	32:00	1	-	3	0:20	45.50	2:13:07	2:55	1	-	5	9:50
Rad 000	44.05	1:40:41	2:17	1	-	6	7:32	45.50	2:13:07	2:55	1	-	5	9:50
ZZ Lauf	3.33	12:58	3:53	1	-	5	2:04	48.83	2:26:05	2:59	1	-	5	11:54
ZZ Lauf	3.33	27:59	8:24	1	-	5	5:46	52.16	2:54:04	3:20	1	-	4	17:40
Lauf	3.33	13:21	4:00	1	-	3	1:47	55.40	3:07:25	3:22	1	-	5	19:27