



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Weber, Ute

□□□: 3:07:43

□□: RSV Osthelden

□□: 373

□□: 55.40 km

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

□□□□□/□□□: 55 (of 71)

□□□□□/□: 6 (of 10)

□□□□□□: 2:47:58

□□□□:

Seniorinnen 3 (50-54 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 3:07:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	41:17	29:29	1	-	10	14:24	1.40	41:17	29:29	1	-	7	3:05	
Schwimmen □	1.40	41:17	29:29	1	-	7	3:05	1.40	41:17	29:29	1	-	7	3:05	
Wechsel Schwim	0.05	2:40	53:19	1	-	4	0:29	1.45	43:57	30:18	1	-	7	2:41	
Schwimmen □□□	1.45	43:57	30:18	1	-	7	2:41	1.45	43:57	30:18	1	-	7	2:41	
ZZ Rad	11.00	22:22	2:01	1	-	2	1:03	12.45	1:06:19	5:19	1	-	6	14:20	
ZZ Rad	11.00	24:34	2:14	1	-	1	-	23.45	1:30:53	3:52	1	-	5	14:18	
ZZ Rad	11.00	24:34	2:14	1	-	1	-	34.45	1:55:27	3:21	1	-	4	14:04	
Rad Ende	11.00	19:46	1:47	1	-	1	-	45.45	2:15:13	2:58	1	-	6	13:12	
Wechsel Rad-Lau	0.05	1:53	37:39	1	-	5	0:37	45.50	2:17:06	3:00	1	-	6	13:49	
Rad □□□	44.05	1:33:09	2:06	1	-	1	-	45.50	2:17:06	3:00	1	-	6	13:49	
ZZ Lauf	3.33	11:59	3:35	1	-	3	1:05	48.83	2:29:05	3:03	1	-	6	14:54	
ZZ Lauf	3.33	25:28	7:38	1	-	2	3:15	52.16	2:54:33	3:20	1	-	5	18:09	
Lauf	3.33	13:10	3:57	1	-	2	1:36	55.40	3:07:43	3:23	1	-	6	19:45	