



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Langesberg, Susanne

□□□: 3:23:11

□□: TV Flerke Tri Team

□□: 317

□□: 55.40 km

□□□□□/□□□: 63 (of 71)

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

□□□□□/□: 7 (of 10)

□□□□□□: 2:47:58

□□□□:

□□□□□: 2(of 2)

Seniorinnen 2 (45-49 Jahre)

□□□□□□□: 2:55:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	33:41	24:03	2	5:14	6	6:48	1.40	33:41	24:03	2	5:14	8	
Schwimmen □	1.40	33:41	24:03	2	5:14	8		1.40	33:41	24:03	2	5:14	8	
Wechsel Schwim	0.05	3:29	69:39	2	1:06	9	1:18	1.45	37:10	25:37	2	6:20	8	
Schwimmen □□□	1.45	37:10	25:37	2	6:20	8		1.45	37:10	25:37	2	6:20	8	
ZZ Rad	11.00	25:42	2:20	1	-	7	4:23	12.45	1:02:52	5:02	2		7	10:53
ZZ Rad	11.00	27:58	2:32	1	-	6	3:24	23.45	1:30:50	3:52	1	-	6	14:15
ZZ Rad	11.00	28:37	2:36	1	-	5	4:03	34.45	1:59:27	3:28	1	-	5	18:04
Rad Ende	11.00	24:16	2:12	2	3:00	7	4:30	45.45	2:23:43	3:09	2	19:28	7	21:42
Wechsel Rad-Lau	0.05	2:29	49:39	2	0:44	8	1:13	45.50	2:26:12	3:12	2	20:12	7	22:55
Rad □□□	44.05	1:49:02	2:28	2	13:52	7	15:53	45.50	2:26:12	3:12	2	20:12	7	22:55
ZZ Lauf	3.33	13:36	4:05	2	2:07	7	2:42	48.83	2:39:48	3:16	2	22:19	7	25:37
ZZ Lauf	3.33	28:57	8:41	1	-	6	6:44	52.16	3:08:45	3:37	1	-	6	32:21
Lauf	3.33	14:26	4:20	1	-	6	2:52	55.40	3:23:11	3:40	2	28:09	7	35:13