



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

Voigt, Heike

000: 3:30:31

00: TV Lemgo

00: 311

00: 55.40 km

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

00000/000: 65 (of 71)

00000/0: 8 (of 10)

000000: 2:47:58

0000:

Seniorinnen 1 (40-44 Jahre)

00000: 2(of 2)

0000000: 3:04:08

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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	32:13	23:00	1	-	5	5:20	1.40	32:13	23:00	2	-	9	
Schwimmen 0	1.40	32:13	23:00	2		9		1.40	32:13	23:00	2		9	
Wechsel Schwim	0.05	2:49	56:20	1	-	6	0:38	1.45	35:02	24:09	2		9	
Schwimmen 000	1.45	35:02	24:09	2		9		1.45	35:02	24:09	2		9	
ZZ Rad	11.00	25:35	2:19	2	4:16	6	4:16	12.45	1:00:37	4:52	2	2:26	8	8:38
ZZ Rad	11.00	29:07	2:38	2	4:02	7	4:33	23.45	1:29:44	3:49	2	6:28	7	13:09
ZZ Rad	11.00	30:48	2:48	2	5:06	7	6:14	34.45	2:00:32	3:29	2	11:34	6	19:09
Rad Ende	11.00	24:43	2:14	2	3:40	9	4:57	45.45	2:25:15	3:11	2	15:14	8	23:14
Wechsel Rad-Lau	0.05	2:17	45:39	2	0:21	7	1:01	45.50	2:27:32	3:14	2	15:35	8	24:15
Rad 000	44.05	1:52:30	2:33	2	17:25	9	19:21	45.50	2:27:32	3:14	2	15:35	8	24:15
ZZ Lauf	3.33	15:06	4:32	2	2:53	9	4:12	48.83	2:42:38	3:19	2	18:28	8	28:27
ZZ Lauf	3.33	32:25	9:44	2	5:51	8	10:12	52.16	3:15:03	3:44	2	24:19	7	38:39
Lauf	3.33	15:28	4:38	2	2:04	7	3:54	55.40	3:30:31	3:47	2	26:23	8	42:33