



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

□□□□

Eiler, Linda

□□□: 3:31:46

□□: Mainz

□□: 351

□□: 55.40 km

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

□□□□□/□□□: 66 (of 71)

□□□□□/□: 9 (of 10)

□□□□□□: 2:47:58

□□□□:

AK3 weiblich (30-34 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 3:07:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.40	34:30	24:38	2	4:27	8	7:37	1.40	34:30	24:38	2	4:27	10		
Schwimmen □	1.40	34:30	24:38	2	4:27	10		1.40	34:30	24:38	2	4:27	10		
Wechsel Schwim	0.05	3:52	77:19	2	1:29	10	1:41	1.45	38:22	26:27	2	5:56	10		
Schwimmen □□□	1.45	38:22	26:27	2	5:56	10		1.45	38:22	26:27	2	5:56	10		
ZZ Rad	11.00	25:18	2:18	1	-	5	3:59	12.45	1:03:40	5:06	2		9	11:41	
ZZ Rad	11.00	29:13	2:39	2	2:22	8	4:39	23.45	1:32:53	3:57	2		8	16:18	
ZZ Rad	11.00	28:38	2:36	1	-	6	4:04	34.45	2:01:31	3:31	1	-	7	20:08	
Rad Ende	11.00	24:36	2:14	2	2:33	8	4:50	45.45	2:26:07	3:12	2	14:36	9	24:06	
Wechsel Rad-Lau	0.05	2:34	51:20	2	0:58	9	1:18	45.50	2:28:41	3:16	2	15:34	9	25:24	
Rad □□□	44.05	1:50:19	2:30	2	9:38	8	17:10	45.50	2:28:41	3:16	2	15:34	9	25:24	
ZZ Lauf	3.33	14:21	4:18	2	1:23	8	3:27	48.83	2:43:02	3:20	2	16:57	9	28:51	
ZZ Lauf	3.33	32:23	9:43	2	4:24	7	10:10	52.16	3:15:25	3:44	2	21:21	8	39:01	
Lauf	3.33	16:21	4:54	2	3:00	8	4:47	55.40	3:31:46	3:49	2	24:21	9	43:48	