



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Hermes, Lena

□□□: 10:38

□□: TriFun Hennesee

□□: 10

□□: 1.94 km

Kindertriathlon (0,04-1,50-0,40)

□□□□□/□□□: 9 (of 20)

□□□□□/□: 4 (of 9)

□□□□□□: 8:31

□□□□:

weibliche Schüler A (12+13 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 9:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.04	1:07	27:55	5	0:12	6	0:13	0.04	1:07	27:55	5	0:08	6	0:13
Wechsel S -> R	-	2:00	-	4	0:18	5	0:44	0.04	3:07	77:55	5	0:25	6	0:57
Schwimmen □□□	0.04	3:07	77:55	5	0:25	6	0:57	0.04	3:07	77:55	5	0:25	6	0:57
Rad netto	1.50	3:55	2:36	2	0:35	3	0:42	1.54	7:02	4:34	5	1:00	6	1:39
Wechsel R -> L	-	0:50	-	3	0:07	4	0:07	1.54	7:52	5:06	5	1:07	6	1:45
Rad □□□	1.50	4:45	3:09	3	0:42	4	0:48	1.54	7:52	5:06	5	1:07	6	1:45
Lauf	0.40	2:46	6:54	3	0:29	5	0:29	1.94	10:38	5:28	3	1:36	4	2:07