



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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TriFun Hennesee Supergirls

□□□: 1:40:17

□□: TriFun Hennesee Supergirls

□□: 62

□□: 25.70 km

Volksdistanz Staffel (0,70-20,00-5,00)

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□□□□□: 22(of 24)

Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.70 | 15:53 | 22:41 | 15 | 6:14 | 15 | 6:14 | 0.70 | 15:53 | 22:41 | 3 | | 3 | |
| Wechsel S -> R | - | 1:18 | - | 5 | 0:09 | 5 | 0:09 | 0.70 | 17:11 | 24:32 | 3 | | 3 | |
| Schwimmen □□□ | 0.70 | 17:11 | 24:32 | 3 | | 3 | | 0.70 | 17:11 | 24:32 | 3 | | 3 | |
| Rad netto | 20.00 | 57:24 | 2:52 | 21 | 24:12 | 21 | 24:12 | 20.70 | 1:14:35 | 3:36 | 3 | 15:48 | 3 | 15:48 |
| Wechsel R -> L | - | 0:49 | - | 11 | 0:10 | 11 | 0:10 | 20.70 | 1:15:24 | 3:38 | 3 | 15:44 | 3 | 15:44 |
| Rad □□□ | 20.00 | 58:13 | 2:54 | 21 | 24:18 | 21 | 24:18 | 20.70 | 1:15:24 | 3:38 | 3 | 15:44 | 3 | 15:44 |
| Lauf | 5.00 | 24:53 | 4:58 | 20 | 7:20 | 20 | 7:20 | 25.70 | 1:40:17 | 3:54 | 22 | 37:00 | 22 | 37:00 |