



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Flöter, Anja

□□□: 2:47:28

□□: Tv Flerke Tri Team

□□: 383

□□: 55.40 km

□□□□□/□□□: 35 (of 86)

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

□□□□□/□: 1 (of 17)

□□□□□□: 2:47:28

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□□□□□: 1(of 5)

Seniorinnen 2 (45-49 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:52	18:28	1	-	3	1:49	1.40	25:52	18:28	1	-	1	-
Wechsel S -> R	-	2:31	-	2	0:17	8	0:25	1.40	28:23	20:16	1	-	1	-
Schwimmen □□□	1.40	28:23	20:16	1	-	1	-	1.40	28:23	20:16	1	-	1	-
Rad netto	44.00	1:28:59	2:01	1	-	2	0:43	45.40	1:57:22	2:35	1	-	1	-
Wechsel R -> L	-	1:30	-	1	-	2	0:05	45.40	1:58:52	2:37	5	-	13	-
Rad □□□	44.00	1:30:29	2:03	1	-	1	-	45.40	1:58:52	2:37	5	-	13	-
Lauf	10.00	48:36	4:51	2	0:42	3	0:42	55.40	2:47:28	3:01	1	-	1	-