



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Peters, Diana**

□□□: 2:49:47

□□: Tritus SV Neptun Neheim-Hüsten

□□: 310

□□: 55.40 km

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

□□□□□/□□□: 41 (of 86)

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□□□□□□: 2:47:28

□□□□:

AK4 weiblich (35-39 Jahre)

□□□□□: 1(of 4)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:13	20:09	1	-	5	4:10	1.40	28:13	20:09	1	-	2	2:21
Wechsel S -> R	-	2:06	-	1	-	1	-	1.40	30:19	21:39	1	-	2	1:56
Schwimmen □□□	1.40	30:19	21:39	1	-	2	1:56	1.40	30:19	21:39	1	-	2	1:56
Rad netto	44.00	1:29:58	2:02	1	-	3	1:42	45.40	2:00:17	2:38	3	-	13	2:55
Wechsel R -> L	-	1:25	-	1	-	1	-	45.40	2:01:42	2:40	1	-	1	-
Rad □□□	44.00	1:31:23	2:04	1	-	3	0:54	45.40	2:01:42	2:40	1	-	1	-
Lauf	10.00	48:05	4:48	1	-	2	0:11	55.40	2:49:47	3:03	1	-	2	2:19