



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

0000

van Amstel, Marlies

000: 2:51:18

00: x

00: 308

00: 55.40 km

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

00000/000: 44 (of 86)

00000/0: 3 (of 17)

000000: 2:47:28

0000:

Seniorinnen 1 (40-44 Jahre)

00000: 1(of 3)

0000000: 2:51:18

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.40	24:03	17:10	1	-	1	-	1.40	24:03	17:10	1	-	3	
Wechsel S -> R	-	2:23	-	2	0:15	4	0:17	1.40	26:26	18:52	1	-	3	
Schwimmen 000	1.40	26:26	18:52	1	-	3		1.40	26:26	18:52	1	-	3	
Rad netto	44.00	1:31:20	2:04	1	-	4	3:04	45.40	1:57:46	2:35	1	-	2	0:24
Wechsel R -> L	-	2:08	-	3	0:26	12	0:43	45.40	1:59:54	2:38	3		14	
Rad 000	44.00	1:33:28	2:07	1	-	4	2:59	45.40	1:59:54	2:38	3		14	
Lauf	10.00	51:24	5:08	1	-	7	3:30	55.40	2:51:18	3:05	1	-	3	3:50