



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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van Amstel, Marlies

□□□: 2:51:18

□□: x

□□: 308

□□: 55.40 km

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

□□□□□/□□□: 44 (of 86)

□□□□□/□: 3 (of 17)

□□□□□□: 2:47:28

□□□□:

Seniorinnen 1 (40-44 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 2:51:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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