



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Hissmann, Sonja

□□□: 2:54:15

□□: 1. Tri Club Paderborn

□□: 382

□□: 55.40 km

□□□□□/□□□: 47 (of 86)

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

□□□□□/□: 4 (of 17)

□□□□□□: 2:47:28

□□□□:

□□□□□: 2(of 5)

Seniorinnen 2 (45-49 Jahre)

□□□□□□□: 2:47:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:12	20:08	2	2:20	4	4:09	1.40	28:12	20:08	2	2:20	4	2:20
Wechsel S -> R	-	2:14	-	1	-	3	0:08	1.40	30:26	21:44	2	2:03	4	2:03
Schwimmen □□□	1.40	30:26	21:44	2	2:03	4	2:03	1.40	30:26	21:44	2	2:03	4	2:03
Rad netto	44.00	1:34:21	2:08	3	5:22	7	6:05	45.40	2:04:47	2:44	5	7:25	15	7:25
Wechsel R -> L	-	1:34	-	2	0:04	3	0:09	45.40	2:06:21	2:46	1	-	2	4:39
Rad □□□	44.00	1:35:55	2:10	3	5:26	7	5:26	45.40	2:06:21	2:46	1	-	2	4:39
Lauf	10.00	47:54	4:47	1	-	1	-	55.40	2:54:15	3:08	2	6:47	4	6:47