



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Dietz, Alexandra

□□□: 2:55:40

□□: SSC Hochdahl

□□: 342

□□: 55.40 km

□□□□□/□□□: 48 (of 86)

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

□□□□□/□: 5 (of 17)

□□□□□□: 2:47:28

□□□□:

□□□□□: 2(of 3)

Seniorinnen 1 (40-44 Jahre)

□□□□□□□: 2:51:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:23	18:07	2	1:20	2	1:20	1.40	25:23	18:07	2	1:20	5	
Wechsel S -> R	-	2:08	-	1	-	2	0:02	1.40	27:31	19:39	2	1:05	5	
Schwimmen □□□	1.40	27:31	19:39	2	1:05	5		1.40	27:31	19:39	2	1:05	5	
Rad netto	44.00	1:34:06	2:08	2	2:46	6	5:50	45.40	2:01:37	2:40	2	3:51	3	4:15
Wechsel R -> L	-	1:42	-	1	-	8	0:17	45.40	2:03:19	2:42	1	-	3	1:37
Rad □□□	44.00	1:35:48	2:10	2	2:20	6	5:19	45.40	2:03:19	2:42	1	-	3	1:37
Lauf	10.00	52:21	5:14	3	0:57	9	4:27	55.40	2:55:40	3:10	2	4:22	5	8:12