



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Petri, Sonja

□□□: 3:00:31

□□: Tritus SV Neptun Neheim-Hüsten

□□: 305

□□: 55.40 km

□□□□□/□□□: 58 (of 86)

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

□□□□□/□: 7 (of 17)

□□□□□□: 2:47:28

□□□□:

□□□□□: 2(of 4)

AK4 weiblich (35-39 Jahre)

□□□□□□□: 2:49:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:46	21:58	2	2:33	7	6:43	1.40	30:46	21:58	2	2:33	7	4:54
Wechsel S -> R	-	3:14	-	2	1:08	10	1:08	1.40	34:00	24:17	2	3:41	7	5:37
Schwimmen □□□	1.40	34:00	24:17	2	3:41	7	5:37	1.40	34:00	24:17	2	3:41	7	5:37
Rad netto	44.00	1:34:41	2:09	2	4:43	8	6:25	45.40	2:08:41	2:50	1	-	4	11:19
Wechsel R -> L	-	2:00	-	3	0:35	11	0:35	45.40	2:10:41	2:52	2	8:59	4	8:59
Rad □□□	44.00	1:36:41	2:11	2	5:18	8	6:12	45.40	2:10:41	2:52	2	8:59	4	8:59
Lauf	10.00	49:50	4:59	2	1:45	4	1:56	55.40	3:00:31	3:15	2	10:44	7	13:03