



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Demirtas, Karin

□□□: 3:01:53

□□: 1 Tri-Team Gütersloh

□□: 385

□□: 55.40 km

□□□□□/□□□: 59 (of 86)

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

□□□□□/□: 8 (of 17)

□□□□□□: 2:47:28

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□□□□□: 3(of 5)

Seniorinnen 2 (45-49 Jahre)

□□□□□□□: 2:47:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:50	24:10	3	7:58	12	9:47	1.40	33:50	24:10	3	7:58	8	7:58
Wechsel S -> R	-	2:36	-	3	0:22	9	0:30	1.40	36:26	26:01	3	8:03	8	8:03
Schwimmen □□□	1.40	36:26	26:01	3	8:03	8	8:03	1.40	36:26	26:01	3	8:03	8	8:03
Rad netto	44.00	1:32:34	2:06	2	3:35	5	4:18	45.40	2:09:00	2:50	2	11:38	5	11:38
Wechsel R -> L	-	1:38	-	3	0:08	6	0:13	45.40	2:10:38	2:52	2	4:17	5	8:56
Rad □□□	44.00	1:34:12	2:08	2	3:43	5	3:43	45.40	2:10:38	2:52	2	4:17	5	8:56
Lauf	10.00	51:15	5:07	3	3:21	6	3:21	55.40	3:01:53	3:16	3	14:25	8	14:25