



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Bieker, Britta

□□□: 3:05:14

□□: RSV Werl-Wickede

□□: 392

□□: 55.40 km

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

□□□□□/□□□: 64 (of 86)

□□□□□/□: 10 (of 17)

□□□□□□: 2:47:28

□□□□:

AK4 weiblich (35-39 Jahre)

□□□□□: 3(of 4)

□□□□□□□: 2:49:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:36	22:34	3	3:23	10	7:33	1.40	31:36	22:34	3	3:23	10	5:44
Wechsel S -> R	-	3:25	-	3	1:19	13	1:19	1.40	35:01	25:00	3	4:42	10	6:38
Schwimmen □□□	1.40	35:01	25:00	3	4:42	10	6:38	1.40	35:01	25:00	3	4:42	10	6:38
Rad netto	44.00	1:35:57	2:10	3	5:59	9	7:41	45.40	2:10:58	2:53	2	2:17	7	13:36
Wechsel R -> L	-	1:40	-	2	0:15	7	0:15	45.40	2:12:38	2:55	3	10:56	7	10:56
Rad □□□	44.00	1:37:37	2:13	3	6:14	9	7:08	45.40	2:12:38	2:55	3	10:56	7	10:56
Lauf	10.00	52:36	5:15	3	4:31	10	4:42	55.40	3:05:14	3:20	3	15:27	10	17:46