



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Brüll, Aline**

□□□: 3:07:33

□□: Triathlon Team EUPEN

□□: 344

□□: 55.40 km

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

□□□□□/□□□: 67 (of 86)

□□□□□/□: 11 (of 17)

□□□□□□: 2:47:28

□□□□:

Seniorinnen 1 (40-44 Jahre)

□□□□□: 3(of 3)

□□□□□□□: 2:51:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:42	21:55	3	6:39	6	6:39	1.40	30:42	21:55	3	6:39	11	4:50	
Wechsel S -> R	-	2:30	-	3	0:22	7	0:24	1.40	33:12	23:42	3	6:46	11	4:49	
Schwimmen □□□	1.40	33:12	23:42	3	6:46	11	4:49	1.40	33:12	23:42	3	6:46	11	4:49	
Rad netto	44.00	1:40:19	2:16	3	8:59	12	12:03	45.40	2:13:31	2:56	3	15:45	8	16:09	
Wechsel R -> L	-	1:55	-	2	0:13	10	0:30	45.40	2:15:26	2:58	2	12:07	8	13:44	
Rad □□□	44.00	1:42:14	2:19	3	8:46	12	11:45	45.40	2:15:26	2:58	2	12:07	8	13:44	
Lauf	10.00	52:07	5:12	2	0:43	8	4:13	55.40	3:07:33	3:23	3	16:15	11	20:05	