



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Steinhage, Johanna

□□□: 3:12:00

□□: MTG Mannheim Triathlon

□□: 381

□□: 55.40 km

□□□□□/□□□: 75 (of 86)

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

□□□□□/□: 12 (of 17)

□□□□□□: 2:47:28

□□□□:

□□□□□: 1(of 1)

AK2 weiblich (25-29 Jahre)

□□□□□□□: 3:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:12	23:42	1	-	11	9:09	1.40	33:12	23:42	1	-	12	7:20	
Wechsel S -> R	-	2:24	-	1	-	5	0:18	1.40	35:36	25:25	1	-	12	7:13	
Schwimmen □□□	1.40	35:36	25:25	1	-	12	7:13	1.40	35:36	25:25	1	-	12	7:13	
Rad netto	44.00	1:38:36	2:14	1	-	11	10:20	45.40	2:14:12	2:57	1	-	9	16:50	
Wechsel R -> L	-	1:34	-	1	-	3	0:09	45.40	2:15:46	2:59	1	-	9	14:04	
Rad □□□	44.00	1:40:10	2:16	1	-	11	9:41	45.40	2:15:46	2:59	1	-	9	14:04	
Lauf	10.00	56:14	5:37	1	-	12	8:20	55.40	3:12:00	3:27	1	-	12	24:32	