



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Link, Constanze

□□□: 3:32:52

□□: Tri Team Selm

□□: 387

□□: 55.40 km

□□□□□/□□□: 80 (of 86)

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

□□□□□/□: 13 (of 17)

□□□□□□: 2:47:28

□□□□:

□□□□□: 4(of 5)

Seniorinnen 2 (45-49 Jahre)

□□□□□□□: 2:47:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	39:29	28:12	5	13:37	15	15:26	1.40	39:29	28:12	4	13:37	13	13:37
Wechsel S -> R	-	3:21	-	4	1:07	12	1:15	1.40	42:50	30:35	4	14:27	13	14:27
Schwimmen □□□	1.40	42:50	30:35	4	14:27	13	14:27	1.40	42:50	30:35	4	14:27	13	14:27
Rad netto	44.00	1:44:40	2:22	4	15:41	13	16:24	45.40	2:27:30	3:14	3	30:08	10	30:08
Wechsel R -> L	-	1:44	-	4	0:14	9	0:19	45.40	2:29:14	3:17	3	22:53	10	27:32
Rad □□□	44.00	1:46:24	2:25	4	15:55	13	15:55	45.40	2:29:14	3:17	3	22:53	10	27:32
Lauf	10.00	1:03:38	6:21	4	15:44	13	15:44	55.40	3:32:52	3:50	4	45:24	13	45:24