



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Keil, Kerstin

□□□: 3:59:59

□□: SSC Hochdahl

□□: 338

□□: 55.40 km

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

□□□□□/□: 15 (of 17)

□□□□□□: 2:47:28

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□□□□□: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	35:12	25:08	1	-	13	11:09	1.40	35:12	25:08	1	-	15	9:20	
Wechsel S -> R	-	3:46	-	1	-	14	1:40	1.40	38:58	27:50	1	-	15	10:35	
Schwimmen □□□	1.40	38:58	27:50	1	-	15	10:35	1.40	38:58	27:50	1	-	15	10:35	
Rad netto	44.00	2:03:21	2:48	1	-	15	35:05	45.40	2:42:19	3:34	1	-	12	44:57	
Wechsel R -> L	-	2:11	-	1	-	13	0:46	45.40	2:44:30	3:37	1	-	12	42:48	
Rad □□□	44.00	2:05:32	2:51	1	-	15	35:03	45.40	2:44:30	3:37	1	-	12	42:48	
Lauf	10.00	1:15:29	7:32	1	-	15	27:35	55.40	3:59:59	4:19	1	-	15	1:12:31	