



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Herr, Sandy

□□□: 1:33:43

□□: BSG BML Bonn

□□: 164

□□: 25.70 km

□□□□□/□□□: 75 (of 113)

Volksdistanz (0,70-20,00-5,00)

□□□□□/□: 15 (of 26)

□□□□□□: 1:12:25

□□□□:

□□□□□: 3(of 4)

Seniorinnen 1 (40-44 Jahre)

□□□□□□□: 1:27:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	14:33	20:47	2	2:08	10	3:23	0.70	14:33	20:47	2	2:08	10	3:23	
Wechsel S -> R	-	3:36	-	4	1:03	21	1:52	0.70	18:09	25:55	2	3:07	10	5:15	
Schwimmen □□□	0.70	18:09	25:55	2	3:07	10	5:15	0.70	18:09	25:55	2	3:07	10	5:15	
Rad netto	20.00	44:21	2:13	1	-	12	5:21	20.70	1:02:30	3:01	2	2:36	13	10:36	
Wechsel R -> L	-	2:45	-	4	1:03	23	1:42	20.70	1:05:15	3:09	3	3:34	15	12:13	
Rad □□□	20.00	47:06	2:21	3	0:27	15	6:58	20.70	1:05:15	3:09	3	3:34	15	12:13	
Lauf	5.00	28:28	5:41	4	2:53	23	9:05	25.70	1:33:43	3:38	3	6:27	15	21:18	