



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Krause, Silke

□□□: 1:39:41

□□: Marathon-Club Menden

□□: 168

□□: 25.70 km

□□□□□/□□□: 93 (of 113)

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

□□□□□/□: 20 (of 26)

□□□□□□: 1:12:25

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□□□□□: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

□□□□□□□: 1:39:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:55	24:10	1	-	19	5:45	0.70	16:55	24:10	1	-	19	5:45
Wechsel S -> R	-	3:12	-	1	-	16	1:28	0.70	20:07	28:44	1	-	19	7:13
Schwimmen □□□	0.70	20:07	28:44	1	-	19	7:13	0.70	20:07	28:44	1	-	19	7:13
Rad netto	20.00	50:12	2:30	1	-	21	11:12	20.70	1:10:19	3:23	1	-	21	18:25
Wechsel R -> L	-	2:26	-	1	-	20	1:23	20.70	1:12:45	3:30	1	-	21	19:43
Rad □□□	20.00	52:38	2:37	1	-	21	12:30	20.70	1:12:45	3:30	1	-	21	19:43
Lauf	5.00	26:56	5:23	1	-	17	7:33	25.70	1:39:41	3:52	1	-	20	27:16