



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Schorn, Andrea

□□□: 1:36:48

□□: LC Wiedenbrück

□□: 131

□□: 25.70 km

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

□□□□□/□□□: 88 (of 113)

□□□□□/□: 18 (of 26)

□□□□□□: 1:12:25

□□□□:

Seniorinnen 2 (45-49 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 1:29:06

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:37	25:10	3	4:58	21	6:27	0.70	17:37	25:10	3	4:58	21	6:27	
Wechsel S -> R	-	3:21	-	3	0:28	18	1:37	0.70	20:58	29:57	3	5:05	21	8:04	
Schwimmen □□□	0.70	20:58	29:57	3	5:05	21	8:04	0.70	20:58	29:57	3	5:05	21	8:04	
Rad netto	20.00	47:16	2:21	3	3:34	17	8:16	20.70	1:08:14	3:17	3	8:39	18	16:20	
Wechsel R -> L	-	2:24	-	3	0:46	19	1:21	20.70	1:10:38	3:24	3	8:44	18	17:36	
Rad □□□	20.00	49:40	2:29	3	3:40	17	9:32	20.70	1:10:38	3:24	3	8:44	18	17:36	
Lauf	5.00	26:10	5:14	3	2:00	16	6:47	25.70	1:36:48	3:45	3	7:42	18	24:23	