



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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**Baukowitz, Anna Lena**

□□□: 1:44:55

□□: Feuerwehr Menden

□□: 152

□□: 25.70 km

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

□□□□□/□□□: 102 (of 113)

□□□□□/□: 23 (of 26)

□□□□□□: 1:12:25

□□□□:

Juniorinnen (18+19 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 1:44:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	19:14	27:28	1	-	22	8:04	0.70	19:14	27:28	1	-	22	8:04
Wechsel S -> R	-	3:24	-	1	-	19	1:40	0.70	22:38	32:20	1	-	22	9:44
Schwimmen □□□	0.70	22:38	32:20	1	-	22	9:44	0.70	22:38	32:20	1	-	22	9:44
Rad netto	20.00	49:40	2:29	1	-	20	10:40	20.70	1:12:18	3:29	1	-	23	20:24
Wechsel R -> L	-	2:20	-	1	-	17	1:17	20.70	1:14:38	3:36	1	-	23	21:36
Rad □□□	20.00	52:00	2:36	1	-	20	11:52	20.70	1:14:38	3:36	1	-	23	21:36
Lauf	5.00	30:17	6:03	1	-	24	10:54	25.70	1:44:55	4:04	1	-	23	32:30