



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Höhne, Jenny

□□□: 1:37:40

□□: Tritus SV Neptun Neheim-Hüsten

□□: 221

□□: 25.70 km

□□□□□/□□□: 91 (of 113)

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

□□□□□/□: 19 (of 26)

□□□□□□: 1:12:25

□□□□:

□□□□□: 4(of 5)

AK2 weiblich (25-29 Jahre)

□□□□□□□: 1:21:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:36	22:17	4	2:31	13	4:26	0.70	15:36	22:17	4	2:31	13	4:26
Wechsel S -> R	-	2:35	-	2	0:17	6	0:51	0.70	18:11	25:58	3	2:48	11	5:17
Schwimmen □□□	0.70	18:11	25:58	3	2:48	11	5:17	0.70	18:11	25:58	3	2:48	11	5:17
Rad netto	20.00	49:34	2:28	4	7:20	19	10:34	20.70	1:07:45	3:16	4	10:08	17	15:51
Wechsel R -> L	-	1:50	-	3	0:47	12	0:47	20.70	1:09:35	3:21	4	10:30	17	16:33
Rad □□□	20.00	51:24	2:34	4	7:42	19	11:16	20.70	1:09:35	3:21	4	10:30	17	16:33
Lauf	5.00	28:05	5:36	4	5:29	22	8:42	25.70	1:37:40	3:48	4	15:59	19	25:15