



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Hissmann, Sonja

□□□: 3:01:40

□□: 1 Tri-Club Paderborn

□□: 417

□□: 55.40 km

□□□□□/□□□: 43 (of 87)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 1 (of 13)

□□□□□□: 3:01:40

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□□□□□: 1(of 4)

Seniorinnen 2 (45-49 Jahre)

□□□□□□□: 3:01:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:39	20:27	2	1:03	4	3:39	1.40	28:39	20:27	2	1:03	4	3:39
Wechsel S -> R	-	3:10	-	2	0:42	3	0:42	1.40	31:49	22:43	2	1:45	4	3:16
Schwimmen □□□	1.40	31:49	22:43	2	1:45	4	3:16	1.40	31:49	22:43	2	1:45	4	3:16
Rad netto	44.00	1:36:57	2:12	1	-	2	1:17	45.40	2:08:46	2:50	1	-	2	0:06
Wechsel R -> L	-	2:17	-	2	0:12	2	0:12	45.40	2:11:03	2:53	1	-	1	-
Rad □□□	44.00	1:39:14	2:15	1	-	2	1:03	45.40	2:11:03	2:53	1	-	1	-
Lauf	10.00	50:37	5:03	1	-	4	2:48	55.40	3:01:40	3:16	1	-	1	-