



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Kraus, Gudrun

□□□: 3:02:54

□□: ASC Ahlen

□□: 378

□□: 55.40 km

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

□□□□□/□□□: 47 (of 87)

□□□□□/□: 2 (of 13)

□□□□□□: 3:01:40

□□□□:

Seniorinnen 4 (55-59 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 3:02:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:05	21:29	2	3:30	7	5:05	1.40	30:05	21:29	2	3:30	7	5:05
Wechsel S -> R	-	4:19	-	3	1:20	8	1:51	1.40	34:24	24:34	2	4:07	7	5:51
Schwimmen □□□	1.40	34:24	24:34	2	4:07	7	5:51	1.40	34:24	24:34	2	4:07	7	5:51
Rad netto	44.00	1:35:40	2:10	1	-	1	-	45.40	2:10:04	2:51	2	1:24	4	1:24
Wechsel R -> L	-	2:31	-	2	0:05	5	0:26	45.40	2:12:35	2:55	2	0:54	4	1:32
Rad □□□	44.00	1:38:11	2:13	1	-	1	-	45.40	2:12:35	2:55	2	0:54	4	1:32
Lauf	10.00	50:19	5:01	1	-	3	2:30	55.40	3:02:54	3:18	1	-	2	1:14