



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Vollbach, Frederike

□□□: 3:04:16

□□: TRC Essen 84

□□: 335

□□: 55.40 km

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

□□□□□/□□□: 49 (of 87)

□□□□□/□: 3 (of 13)

□□□□□□: 3:01:40

□□□□:

AK3 weiblich (30-34 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 3:04:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:53	20:37	1	-	5	3:53	1.40	28:53	20:37	1	-	5	3:53
Wechsel S -> R	-	4:43	-	1	-	10	2:15	1.40	33:36	24:00	1	-	5	5:03
Schwimmen □□□	1.40	33:36	24:00	1	-	5	5:03	1.40	33:36	24:00	1	-	5	5:03
Rad netto	44.00	1:39:05	2:15	1	-	5	3:25	45.40	2:12:41	2:55	1	-	6	4:01
Wechsel R -> L	-	2:39	-	1	-	6	0:34	45.40	2:15:20	2:58	1	-	5	4:17
Rad □□□	44.00	1:41:44	2:18	1	-	5	3:33	45.40	2:15:20	2:58	1	-	5	4:17
Lauf	10.00	48:56	4:53	1	-	2	1:07	55.40	3:04:16	3:19	1	-	3	2:36