



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Reuter, Vera

□□□: 3:07:57

□□: ohne

□□: 370

□□: 55.40 km

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

□□□□□/□□□: 59 (of 87)

□□□□□/□: 5 (of 13)

□□□□□□: 3:01:40

□□□□:

Seniorinnen 2 (45-49 Jahre)

□□□□□: 2(of 4)

□□□□□□□: 3:01:40

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 29:58 | 21:24 | 3 | 2:22 | 6 | 4:58 | 1.40 | 29:58 | 21:24 | 3 | 2:22 | 6 | 4:58 |
| Wechsel S -> R | - | 3:49 | - | 4 | 1:21 | 7 | 1:21 | 1.40 | 33:47 | 24:07 | 3 | 3:43 | 6 | 5:14 |
| Schwimmen □□□ | 1.40 | 33:47 | 24:07 | 3 | 3:43 | 6 | 5:14 | 1.40 | 33:47 | 24:07 | 3 | 3:43 | 6 | 5:14 |
| Rad netto | 44.00 | 1:38:50 | 2:14 | 2 | 1:53 | 4 | 3:10 | 45.40 | 2:12:37 | 2:55 | 3 | 3:51 | 5 | 3:57 |
| Wechsel R -> L | - | 3:05 | - | 4 | 1:00 | 10 | 1:00 | 45.40 | 2:15:42 | 2:59 | 3 | 4:39 | 7 | 4:39 |
| Rad □□□ | 44.00 | 1:41:55 | 2:18 | 3 | 2:41 | 6 | 3:44 | 45.40 | 2:15:42 | 2:59 | 3 | 4:39 | 7 | 4:39 |
| Lauf | 10.00 | 52:15 | 5:13 | 2 | 1:38 | 5 | 4:26 | 55.40 | 3:07:57 | 3:23 | 2 | 6:17 | 5 | 6:17 |