



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Erdmann, Sabine

□□□: 3:06:49

□□: 1. Tri-Club Paderborn

□□: 416

□□: 55.40 km

□□□□□/□□□: 57 (of 87)

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

□□□□□/□: 4 (of 13)

□□□□□□: 3:01:40

□□□□:

□□□□□: 2(of 3)

Seniorinnen 4 (55-59 Jahre)

□□□□□□□: 3:02:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:35	18:59	1	-	2	1:35	1.40	26:35	18:59	1	-	2	1:35
Wechsel S -> R	-	3:42	-	2	0:43	6	1:14	1.40	30:17	21:37	1	-	3	1:44
Schwimmen □□□	1.40	30:17	21:37	1	-	3	1:44	1.40	30:17	21:37	1	-	3	1:44
Rad netto	44.00	1:38:23	2:14	2	2:43	3	2:43	45.40	2:08:40	2:50	1	-	1	-
Wechsel R -> L	-	3:01	-	3	0:35	9	0:56	45.40	2:11:41	2:54	1	-	2	0:38
Rad □□□	44.00	1:41:24	2:18	2	3:13	3	3:13	45.40	2:11:41	2:54	1	-	2	0:38
Lauf	10.00	55:08	5:30	3	4:49	8	7:19	55.40	3:06:49	3:22	2	3:55	4	5:09