



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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**Lenhardt, Maria-Luise**

□□□: 3:10:24

□□: algemarin Team TuS Griesheim

□□: 365

□□: 55.40 km

□□□□□/□□□: 65 (of 87)

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

□□□□□/□: 6 (of 13)

□□□□□□: 3:01:40

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□□□□□: 3(of 4)

Seniorinnen 2 (45-49 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:36	19:42	1	-	3	2:36	1.40	27:36	19:42	1	-	3	2:36
Wechsel S -> R	-	2:28	-	1	-	1	-	1.40	30:04	21:28	1	-	2	1:31
Schwimmen □□□	1.40	30:04	21:28	1	-	2	1:31	1.40	30:04	21:28	1	-	2	1:31
Rad netto	44.00	1:39:37	2:15	3	2:40	6	3:57	45.40	2:09:41	2:51	2	0:55	3	1:01
Wechsel R -> L	-	2:05	-	1	-	1	-	45.40	2:11:46	2:54	2	0:43	3	0:43
Rad □□□	44.00	1:41:42	2:18	2	2:28	4	3:31	45.40	2:11:46	2:54	2	0:43	3	0:43
Lauf	10.00	58:38	5:51	3	8:01	10	10:49	55.40	3:10:24	3:26	3	8:44	6	8:44