



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Kopasz, Vera

000: 3:12:36

00: Bikeattack Oberberg

00: 337

00: 55.40 km

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

00000/000: 67 (of 87)

00000/0: 7 (of 13)

000000: 3:01:40

0000:

00000: 3(of 3)

Seniorinnen 4 (55-59 Jahre)

0000000: 3:02:54

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000

000	00 km	00 min	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 min	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.40	32:03	22:53	3	5:28	11	7:03	1.40	32:03	22:53	3	5:28	11	7:03	
Wechsel S -> R	-	2:59	-	1	-	2	0:31	1.40	35:02	25:01	3	4:45	9	6:29	
Schwimmen 000	1.40	35:02	25:01	3	4:45	9	6:29	1.40	35:02	25:01	3	4:45	9	6:29	
Rad netto	44.00	1:41:43	2:18	3	6:03	7	6:03	45.40	2:16:45	3:00	3	8:05	8	8:05	
Wechsel R -> L	-	2:26	-	1	-	3	0:21	45.40	2:19:11	3:03	3	7:30	8	8:08	
Rad 000	44.00	1:44:09	2:22	3	5:58	7	5:58	45.40	2:19:11	3:03	3	7:30	8	8:08	
Lauf	10.00	53:25	5:20	2	3:06	6	5:36	55.40	3:12:36	3:28	3	9:42	7	10:56	