



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Dietz, Alexandra

□□□: 3:15:50

□□: TSV Hochdahl

□□: 387

□□: 55.40 km

□□□□□/□□□: 71 (of 87)

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

□□□□□/□: 8 (of 13)

□□□□□□: 3:01:40

□□□□:

□□□□□: 1(of 2)

Seniorinnen 1 (40-44 Jahre)

□□□□□□□: 3:15:50

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:00	17:51	1	-	1	-	1.40	25:00	17:51	1	-	1	-
Wechsel S -> R	-	3:33	-	1	-	5	1:05	1.40	28:33	20:23	1	-	1	-
Schwimmen □□□	1.40	28:33	20:23	1	-	1	-	1.40	28:33	20:23	1	-	1	-
Rad netto	44.00	1:44:14	2:22	2	0:25	9	8:34	45.40	2:12:47	2:55	1	-	7	4:07
Wechsel R -> L	-	2:54	-	1	-	8	0:49	45.40	2:15:41	2:59	1	-	6	4:38
Rad □□□	44.00	1:47:08	2:26	2	0:04	9	8:57	45.40	2:15:41	2:59	1	-	6	4:38
Lauf	10.00	1:00:09	6:00	2	3:59	12	12:20	55.40	3:15:50	3:32	1	-	8	14:10