



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Petri, Sonja

□□□: 3:18:09

□□: Tritus SV Neptun Neheim-Hüsten

□□: 312

□□: 55.40 km

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

□□□□□/□□□: 72 (of 87)

□□□□□/□: 9 (of 13)

□□□□□□: 3:01:40

□□□□:

Seniorinnen 1 (40-44 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 3:15:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:12	21:34	2	5:12	8	5:12	1.40	30:12	21:34	2	5:12	8	5:12
Wechsel S -> R	-	4:43	-	2	1:10	10	2:15	1.40	34:55	24:56	2	6:22	8	6:22
Schwimmen □□□	1.40	34:55	24:56	2	6:22	8	6:22	1.40	34:55	24:56	2	6:22	8	6:22
Rad netto	44.00	1:43:49	2:21	1	-	8	8:09	45.40	2:18:44	3:03	2	5:57	9	10:04
Wechsel R -> L	-	3:15	-	2	0:21	12	1:10	45.40	2:21:59	3:07	2	6:18	9	10:56
Rad □□□	44.00	1:47:04	2:25	1	-	8	8:53	45.40	2:21:59	3:07	2	6:18	9	10:56
Lauf	10.00	56:10	5:36	1	-	9	8:21	55.40	3:18:09	3:34	2	2:19	9	16:29