



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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## Salingré, Ruth

□□□: 3:20:02

□□: Ingenieurbüro Salingré

□□: 320

□□: 55.40 km

□□□□□/□□□: 75 (of 87)

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

□□□□□/□: 10 (of 13)

□□□□□□: 3:01:40

□□□□:

□□□□□: 1(of 1)

Seniorinnen 5 (60-64 Jahre)

□□□□□□□: 3:20:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:48	22:00	1	-	9	5:48	1.40	30:48	22:00	1	-	9	5:48	
Wechsel S -> R	-	6:52	-	1	-	13	4:24	1.40	37:40	26:54	1	-	13	9:07	
Schwimmen □□□	1.40	37:40	26:54	1	-	13	9:07	1.40	37:40	26:54	1	-	13	9:07	
Rad netto	44.00	1:44:29	2:22	1	-	10	8:49	45.40	2:22:09	3:07	1	-	10	13:29	
Wechsel R -> L	-	3:36	-	1	-	13	1:31	45.40	2:25:45	3:12	1	-	10	14:42	
Rad □□□	44.00	1:48:05	2:27	1	-	10	9:54	45.40	2:25:45	3:12	1	-	10	14:42	
Lauf	10.00	54:17	5:25	1	-	7	6:28	55.40	3:20:02	3:36	1	-	10	18:22	