



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Zimmermann, Franka

□□□: 3:22:51

□□: Tri Sport Menden

□□: 367

□□: 55.40 km

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

□□□□□/□□□: 78 (of 87)

□□□□□/□: 11 (of 13)

□□□□□□: 3:01:40

□□□□:

AK4 weiblich (35-39 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 3:22:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	32:03	22:53	1	-	11	7:03	1.40	32:03	22:53	1	-	11	7:03
Wechsel S -> R	-	5:34	-	1	-	12	3:06	1.40	37:37	26:52	1	-	12	9:04
Schwimmen □□□	1.40	37:37	26:52	1	-	12	9:04	1.40	37:37	26:52	1	-	12	9:04
Rad netto	44.00	1:54:18	2:35	1	-	12	18:38	45.40	2:31:55	3:20	1	-	12	23:15
Wechsel R -> L	-	3:07	-	1	-	11	1:02	45.40	2:35:02	3:24	1	-	12	23:59
Rad □□□	44.00	1:57:25	2:40	1	-	12	19:14	45.40	2:35:02	3:24	1	-	12	23:59
Lauf	10.00	47:49	4:46	1	-	1	-	55.40	3:22:51	3:39	1	-	11	21:11