



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Althoff, Sylvia

□□□: 2:28:10

□□: Adler Langlauf Bottrop

□□: 197

□□: 25.70 km

Volksdistanz (0,70-20,00-5,00)

□□□□□/□□□: 111 (of 113)

□□□□□/□: 25 (of 26)

□□□□□□: 1:12:25

□□□□:

Seniorinnen 2 (45-49 Jahre)

□□□□□: 5(of 5)

□□□□□□□: 1:29:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	27:43	39:35	5	15:04	25	16:33	0.70	27:43	39:35	5	15:04	25	16:33	
Wechsel S -> R	-	7:12	-	5	4:19	25	5:28	0.70	34:55	49:52	5	19:02	25	22:01	
Schwimmen □□□	0.70	34:55	49:52	5	19:02	25	22:01	0.70	34:55	49:52	5	19:02	25	22:01	
Rad netto	20.00	1:09:51	3:29	5	26:09	25	30:51	20.70	1:44:46	5:03	5	45:11	25	52:52	
Wechsel R -> L	-	2:42	-	4	1:04	22	1:39	20.70	1:47:28	5:11	5	45:34	25	54:26	
Rad □□□	20.00	1:12:33	3:37	5	26:33	25	32:25	20.70	1:47:28	5:11	5	45:34	25	54:26	
Lauf	5.00	40:42	8:08	5	16:32	25	21:19	25.70	2:28:10	5:45	5	59:04	25	1:15:45	