



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Henke, Eva

□□□: 3:28:05

□□: T.C.Büren

□□: 304

□□: 55.40 km

□□□□□/□□□: 80 (of 87)

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

□□□□□/□: 12 (of 13)

□□□□□□: 3:01:40

□□□□:

□□□□□: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

□□□□□□□: 3:28:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:58	22:07	1	-	10	5:58	1.40	30:58	22:07	1	-	10	5:58	
Wechsel S -> R	-	4:38	-	1	-	9	2:10	1.40	35:36	25:25	1	-	10	7:03	
Schwimmen □□□	1.40	35:36	25:25	1	-	10	7:03	1.40	35:36	25:25	1	-	10	7:03	
Rad netto	44.00	1:49:40	2:29	1	-	11	14:00	45.40	2:25:16	3:11	1	-	11	16:36	
Wechsel R -> L	-	2:52	-	1	-	7	0:47	45.40	2:28:08	3:15	1	-	11	17:05	
Rad □□□	44.00	1:52:32	2:33	1	-	11	14:21	45.40	2:28:08	3:15	1	-	11	17:05	
Lauf	10.00	59:57	5:59	1	-	11	12:08	55.40	3:28:05	3:45	1	-	12	26:25	