



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Hunt, Joanne

000: 3:50:51

00: Louth triathlon club

00: 308

00: 55.40 km

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

0000:

Seniorinnen 2 (45-49 Jahre)

00000/000: 83 (of 87)

00000/0: 13 (of 13)

000000: 3:01:40

00000: 4(of 4)

0000000: 3:01:40

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.40	33:41	24:03	4	6:05	13	8:41	1.40	33:41	24:03	4	6:05	13	8:41
Wechsel S -> R	-	3:15	-	3	0:47	4	0:47	1.40	36:56	26:22	4	6:52	11	8:23
Schwimmen 000	1.40	36:56	26:22	4	6:52	11	8:23	1.40	36:56	26:22	4	6:52	11	8:23
Rad netto	44.00	2:03:05	2:47	4	26:08	13	27:25	45.40	2:40:01	3:31	4	31:15	13	31:21
Wechsel R -> L	-	2:27	-	3	0:22	4	0:22	45.40	2:42:28	3:34	4	31:25	13	31:25
Rad 000	44.00	2:05:32	2:51	4	26:18	13	27:21	45.40	2:42:28	3:34	4	31:25	13	31:25
Lauf	10.00	1:08:23	6:50	4	17:46	13	20:34	55.40	3:50:51	4:10	4	49:11	13	49:11