



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Selker, Astrid

000: 1:21:41

00: LV Tristar Oelde/LC Wiedenbrück

00: 165

00: 25.70 km

00000/000: 33 (of 113)

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

00000/0: 4 (of 26)

000000: 1:12:25

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00000: 1(of 5)

AK2 weiblich (25-29 Jahre)

0000000: 1:21:41

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	13:05	18:41	1	-	7	1:55	0.70	13:05	18:41	1	-	7	1:55
Wechsel S -> R	-	2:18	-	1	-	4	0:34	0.70	15:23	21:58	1	-	5	2:29
Schwimmen 000	0.70	15:23	21:58	1	-	5	2:29	0.70	15:23	21:58	1	-	5	2:29
Rad netto	20.00	42:14	2:06	1	-	7	3:14	20.70	57:37	2:47	1	-	4	5:43
Wechsel R -> L	-	1:28	-	2	0:25	3	0:25	20.70	59:05	2:51	1	-	4	6:03
Rad 000	20.00	43:42	2:11	1	-	6	3:34	20.70	59:05	2:51	1	-	4	6:03
Lauf	5.00	22:36	4:31	1	-	4	3:13	25.70	1:21:41	3:10	1	-	4	9:16