



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Cordes, Ulla

□□□: 1:25:52

□□: RW Kirchhundem

□□: 138

□□: 25.70 km

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

□□□□□/□□□: 49 (of 113)

□□□□□/□: 7 (of 26)

□□□□□□: 1:12:25

□□□□:

Seniorinnen 4 (55-59 Jahre)

□□□□□: 1(of 2)

□□□□□□□: 1:25:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:04	22:57	2	0:23	17	4:54	0.70	16:04	22:57	2	0:23	17	4:54
Wechsel S -> R	-	2:44	-	1	-	9	1:00	0.70	18:48	26:51	1	-	15	5:54
Schwimmen □□□	0.70	18:48	26:51	1	-	15	5:54	0.70	18:48	26:51	1	-	15	5:54
Rad netto	20.00	42:02	2:06	1	-	6	3:02	20.70	1:00:50	2:56	1	-	10	8:56
Wechsel R -> L	-	1:48	-	1	-	11	0:45	20.70	1:02:38	3:01	1	-	10	9:36
Rad □□□	20.00	43:50	2:11	1	-	7	3:42	20.70	1:02:38	3:01	1	-	10	9:36
Lauf	5.00	23:14	4:38	1	-	6	3:51	25.70	1:25:52	3:20	1	-	7	13:27