



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Peck, Katharina

□□□: 1:25:52

□□: TuS GW Allagen

□□: 199

□□: 25.70 km

□□□□□/□□□: 50 (of 113)

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

□□□□□/□: 7 (of 26)

□□□□□□: 1:12:25

□□□□:

□□□□□: 3(of 5)

AK2 weiblich (25-29 Jahre)

□□□□□□□: 1:21:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:35	22:15	3	2:30	12	4:25	0.70	15:35	22:15	3	2:30	12	4:25
Wechsel S -> R	-	2:44	-	4	0:26	9	1:00	0.70	18:19	26:10	4	2:56	13	5:25
Schwimmen □□□	0.70	18:19	26:10	4	2:56	13	5:25	0.70	18:19	26:10	4	2:56	13	5:25
Rad netto	20.00	43:16	2:09	3	1:02	10	4:16	20.70	1:01:35	2:58	3	3:58	11	9:41
Wechsel R -> L	-	1:03	-	1	-	1	-	20.70	1:02:38	3:01	3	3:33	10	9:36
Rad □□□	20.00	44:19	2:12	2	0:37	8	4:11	20.70	1:02:38	3:01	3	3:33	10	9:36
Lauf	5.00	23:14	4:38	2	0:38	6	3:51	25.70	1:25:52	3:20	3	4:11	7	13:27