



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Hoffmann, Sabine

□□□: 1:27:31

□□: Team Burn Baby

□□: 146

□□: 25.70 km

□□□□□/□□□: 56 (of 113)

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

□□□□□/□: 11 (of 26)

□□□□□□: 1:12:25

□□□□:

□□□□□: 3(of 4)

AK4 weiblich (35-39 Jahre)

□□□□□□□: 1:19:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:25	24:52	3	4:36	20	6:15	0.70	17:25	24:52	3	4:36	20	6:15
Wechsel S -> R	-	2:57	-	3	0:42	14	1:13	0.70	20:22	29:05	3	5:18	20	7:28
Schwimmen □□□	0.70	20:22	29:05	3	5:18	20	7:28	0.70	20:22	29:05	3	5:18	20	7:28
Rad netto	20.00	41:29	2:04	2	1:02	5	2:29	20.70	1:01:51	2:59	3	6:20	12	9:57
Wechsel R -> L	-	2:10	-	3	0:26	14	1:07	20.70	1:04:01	3:05	3	6:46	12	10:59
Rad □□□	20.00	43:39	2:10	2	1:28	5	3:31	20.70	1:04:01	3:05	3	6:46	12	10:59
Lauf	5.00	23:30	4:42	2	1:45	9	4:07	25.70	1:27:31	3:24	3	8:31	11	15:06