



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Linnemannstöns, Anja

□□□: 1:29:06

□□: LC Wiedenbrück

□□: 163

□□: 25.70 km

□□□□□/□□□: 61 (of 113)

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

□□□□□/□: 12 (of 26)

□□□□□□: 1:12:25

□□□□:

□□□□□: 1(of 5)

Seniorinnen 2 (45-49 Jahre)

□□□□□□□: 1:29:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:03	22:55	2	3:24	16	4:53	0.70	16:03	22:55	2	3:24	16	4:53	
Wechsel S -> R	-	2:53	-	1	-	12	1:09	0.70	18:56	27:02	2	3:03	16	6:02	
Schwimmen □□□	0.70	18:56	27:02	2	3:03	16	6:02	0.70	18:56	27:02	2	3:03	16	6:02	
Rad netto	20.00	44:22	2:13	2	0:40	13	5:22	20.70	1:03:18	3:03	2	3:43	14	11:24	
Wechsel R -> L	-	1:38	-	1	-	6	0:35	20.70	1:04:56	3:08	2	3:02	13	11:54	
Rad □□□	20.00	46:00	2:17	1	-	11	5:52	20.70	1:04:56	3:08	2	3:02	13	11:54	
Lauf	5.00	24:10	4:50	1	-	10	4:47	25.70	1:29:06	3:28	1	-	12	16:41	