



30. stz-Werratal-Triathlon
 Naherholungszentrum Immelborn / 26.07.2015

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Gießmann, Andrea

□□□: 2:43:10

□□: LTV Erfurt

□□: 44

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Enduro E Bike

□□□□□/□: 3 (of 16)

□□□□□□: 2:35:33

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TW 35-39

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen nett	1.50	32:39	21:45	1	-	9	7:44	1.50	32:39	21:45	1	-	9	7:44
Wechsel S -> R	0.05	0:49	16:19	1	-	1	-	1.55	33:28	21:35	1	-	8	7:35
Schwimmen □□□	1.55	33:28	21:35	1	-	8	7:35	1.55	33:28	21:35	1	-	8	7:35
Rad netto	44.00	1:26:46	1:58	1	-	6	7:34	45.55	2:00:14	2:38	1	-	9	12:11
Wechsel R -> L	0.05	0:40	13:19	1	-	1	-	45.60	2:00:54	2:39	1	-	8	11:29
Rad □□□	44.05	1:27:26	1:59	1	-	5	6:52	45.60	2:00:54	2:39	1	-	8	11:29
Lauf	9.90	42:16	4:16	1	-	1	-	-	2:43:10	-	1	-	3	7:37