



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

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Reinhardt, Imke

□□□: 2:43:21

□□: ETSV

□□: 45

□□: 55.50 km

Olympische Distanz 1,5-44-10.00

□□□□□/□□□: 38 (of 67)

□□□□□/□: 4 (of 16)

□□□□□□: 2:35:33

□□□□:

TW 40-44, Seniorinnen 1

□□□□□: 1(of 2)

□□□□□□□: 2:43:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	29:02	19:21	1	-	7	4:07	1.50	29:02	19:21	1	-	7	4:07
Wechsel S -> R	0.05	1:06	22:00	1	-	5	0:17	1.55	30:08	19:26	1	-	7	4:15
Schwimmen □□□	1.55	30:08	19:26	1	-	7	4:15	1.55	30:08	19:26	1	-	7	4:15
Rad netto	44.00	1:25:04	1:56	1	-	3	5:52	45.55	1:55:12	2:31	1	-	3	7:09
Wechsel R -> L	0.05	1:28	29:19	1	-	13	0:48	45.60	1:56:40	2:33	1	-	4	7:15
Rad □□□	44.05	1:26:32	1:57	1	-	3	5:58	45.60	1:56:40	2:33	1	-	4	7:15
Lauf	9.90	46:41	4:42	1	-	5	4:25	55.50	2:43:21	2:56	1	-	4	7:48