



30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

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Ernst, Beate

□□□: 3:07:25

□□: Triathlon Friedrichroda e.V

□□: 48

□□: 55.50 km

Olympische Distanz 1,5-44-10.00

□□□□□/□□□: 60 (of 67)

□□□□□/□: 13 (of 16)

□□□□□□: 2:35:33

□□□□:

TW 50-54, Seniorinnen 3

□□□□□: 4(of 5)

□□□□□□□: 2:47:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	36:50	24:33	4	11:55	13	11:55	1.50	36:50	24:33	4	11:55	13	11:55
Wechsel S -> R	0.05	1:58	39:19	5	1:00	14	1:09	1.55	38:48	25:01	5	12:55	14	12:55
Schwimmen □□□	1.55	38:48	25:01	5	12:55	14	12:55	1.55	38:48	25:01	5	12:55	14	12:55
Rad netto	44.00	1:39:28	2:15	5	16:14	15	20:16	45.55	2:18:16	3:02	5	23:00	15	30:13
Wechsel R -> L	0.05	1:04	21:19	3	0:16	7	0:24	45.60	2:19:20	3:03	5	23:16	14	29:55
Rad □□□	44.05	1:40:32	2:16	5	16:24	15	19:58	45.60	2:19:20	3:03	5	23:16	14	29:55
Lauf	9.90	48:05	4:51	1	-	6	5:49	55.50	3:07:25	3:22	4	20:03	13	31:52