



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Falkenthal-Schoppmeier, Barbara

□□□: 1:33:58

□□: Trifun Hennesee

□□: 103

□□: 25.70 km

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

□□□□□/□□□: 57 (of 109)

□□□□□/□: 10 (of 26)

□□□□□□: 1:24:45

□□□□:

AK4 weiblich (35-39 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 1:33:58

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	19:20	27:37	3	1:21	18	5:55	0.70	19:20	27:37	3	1:21	18	5:55	
Wechsel S -> R	-	3:25	-	2	0:51	13	1:16	0.70	22:45	32:30	2	1:06	18	6:18	
Schwimmen □□□	0.70	22:45	32:30	2	1:06	18	6:18	0.70	22:45	32:30	2	1:06	18	6:18	
Rad netto	20.00	45:03	2:15	1	-	8	1:30	20.70	1:07:48	3:16	1	-	11	7:35	
Wechsel R -> L	-	1:21	-	1	-	1	-	20.70	1:09:09	3:20	1	-	10	7:30	
Rad □□□	20.00	46:24	2:19	1	-	7	1:12	20.70	1:09:09	3:20	1	-	10	7:30	
Lauf	5.00	24:49	4:57	1	-	10	4:07	25.70	1:33:58	3:39	1	-	10	9:13	