



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Unkel, Wibke

□□□: 1:34:56

□□: Arnsberg

□□: 138

□□: 25.70 km

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

□□□□□/□□□: 62 (of 109)

□□□□□/□: 12 (of 26)

□□□□□□: 1:24:45

□□□□:

Seniorinnen 1 (40-44 Jahre)

□□□□□: 3(of 4)

□□□□□□□: 1:31:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:16	26:05	4	4:51	15	4:51	0.70	18:16	26:05	4	4:51	15	4:51	
Wechsel S -> R	-	2:34	-	1	-	3	0:25	0.70	20:50	29:45	4	4:08	15	4:23	
Schwimmen □□□	0.70	20:50	29:45	4	4:08	15	4:23	0.70	20:50	29:45	4	4:08	15	4:23	
Rad netto	20.00	47:33	2:22	2	0:44	11	4:00	20.70	1:08:23	3:18	3	4:52	12	8:10	
Wechsel R -> L	-	2:10	-	1	-	15	0:49	20.70	1:10:33	3:24	3	4:41	12	8:54	
Rad □□□	20.00	49:43	2:29	2	0:33	11	4:31	20.70	1:10:33	3:24	3	4:41	12	8:54	
Lauf	5.00	24:23	4:52	2	1:58	8	3:41	25.70	1:34:56	3:41	3	3:02	12	10:11	