



# 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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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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   |         |