



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Zeuschel, Marie

□□□: 1:35:34

□□: SC Willingen

□□: 160

□□: 25.70 km

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

□□□□□/□□□: 63 (of 109)

□□□□□/□: 13 (of 26)

□□□□□□: 1:24:45

□□□□:

weibliche Jugend A (16+17 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 1:29:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	19:46	28:14	2	3:07	21	6:21	0.70	19:46	28:14	2	3:07	21	6:21	
Wechsel S -> R	-	3:27	-	1	-	14	1:18	0.70	23:13	33:09	2	2:46	19	6:46	
Schwimmen □□□	0.70	23:13	33:09	2	2:46	19	6:46	0.70	23:13	33:09	2	2:46	19	6:46	
Rad netto	20.00	47:39	2:22	2	4:02	12	4:06	20.70	1:10:52	3:25	2	6:48	17	10:39	
Wechsel R -> L	-	1:34	-	1	-	3	0:13	20.70	1:12:26	3:29	2	6:35	15	10:47	
Rad □□□	20.00	49:13	2:27	2	3:49	10	4:01	20.70	1:12:26	3:29	2	6:35	15	10:47	
Lauf	5.00	23:08	4:37	1	-	4	2:26	25.70	1:35:34	3:43	2	5:35	13	10:49	