



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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**Zeuschel, Marie**

000: 1:35:34

00: SC Willingen

00: 160

00: 25.70 km

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

00000/000: 63 (of 109)

00000/0: 13 (of 26)

000000: 1:24:45

0000:

weibliche Jugend A (16+17 Jahre)

00000: 2(of 2)

0000000: 1:29:59

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
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 000	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 000	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