



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Picker, Tanja

000: 1:32:12

00: DLC Aachen

00: 172

00: 25.70 km

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

00000/000: 50 (of 109)

00000/0: 8 (of 26)

000000: 1:24:45

0000:

Seniorinnen 2 (45-49 Jahre)

00000: 1(of 5)

0000000: 1:32:12

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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	13:55	19:52	1	-	2	0:30	0.70	13:55	19:52	1	-	2	0:30
Wechsel S -> R	-	3:54	-	2	0:57	19	1:45	0.70	17:49	25:27	1	-	4	1:22
Schwimmen 000	0.70	17:49	25:27	1	-	4	1:22	0.70	17:49	25:27	1	-	4	1:22
Rad netto	20.00	43:51	2:11	1	-	4	0:18	20.70	1:01:40	2:58	1	-	3	1:27
Wechsel R -> L	-	2:18	-	4	0:29	19	0:57	20.70	1:03:58	3:05	1	-	3	2:19
Rad 000	20.00	46:09	2:18	1	-	5	0:57	20.70	1:03:58	3:05	1	-	3	2:19
Lauf	5.00	28:14	5:38	2	2:21	19	7:32	25.70	1:32:12	3:35	1	-	8	7:27