



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Tigges, Sabrina

000: 1:38:29

00: SC Hagen-Wildewiese

00: 158

00: 25.70 km

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

00000/000: 75 (of 109)

00000/0: 16 (of 26)

000000: 1:24:45

0000:

AK4 weiblich (35-39 Jahre)

00000: 2(of 3)

0000000: 1:33:58

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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	19:05	27:15	2	1:06	17	5:40	0.70	19:05	27:15	2	1:06	17	5:40
Wechsel S -> R	-	2:34	-	1	-	3	0:25	0.70	21:39	30:55	1	-	16	5:12
Schwimmen 000	0.70	21:39	30:55	1	-	16	5:12	0.70	21:39	30:55	1	-	16	5:12
Rad netto	20.00	49:51	2:29	2	4:48	18	6:18	20.70	1:11:30	3:27	2	3:42	19	11:17
Wechsel R -> L	-	1:59	-	2	0:38	9	0:38	20.70	1:13:29	3:32	2	4:20	18	11:50
Rad 000	20.00	51:50	2:35	2	5:26	18	6:38	20.70	1:13:29	3:32	2	4:20	18	11:50
Lauf	5.00	25:00	5:00	2	0:11	11	4:18	25.70	1:38:29	3:49	2	4:31	16	13:44