



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Tigges, Sabrina

□□□: 1:38:29

□□: SC Hagen-Wildewiese

□□: 158

□□: 25.70 km

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

□□□□□/□□□: 75 (of 109)

□□□□□/□: 16 (of 26)

□□□□□□: 1:24:45

□□□□:

AK4 weiblich (35-39 Jahre)

□□□□□: 2(of 3)

□□□□□□□: 1:33:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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