



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Krause, Silke

□□□: 1:37:53

□□: Marathon-Club Menden

□□: 188

□□: 25.70 km

□□□□□/□□□: 72 (of 109)

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

□□□□□/□: 15 (of 26)

□□□□□□: 1:24:45

□□□□:

□□□□□: 3(of 6)

Seniorinnen 3 (50-54 Jahre)

□□□□□□□: 1:27:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:14	23:11	2	0:10	11	2:49	0.70	16:14	23:11	2	0:10	11	2:49	
Wechsel S -> R	-	3:09	-	3	0:33	10	1:00	0.70	19:23	27:41	1	-	8	2:56	
Schwimmen □□□	0.70	19:23	27:41	1	-	8	2:56	0.70	19:23	27:41	1	-	8	2:56	
Rad netto	20.00	49:08	2:27	5	4:55	17	5:35	20.70	1:08:31	3:18	3	4:25	13	8:18	
Wechsel R -> L	-	2:14	-	3	0:36	17	0:53	20.70	1:10:45	3:25	3	3:51	13	9:06	
Rad □□□	20.00	51:22	2:34	5	5:07	17	6:10	20.70	1:10:45	3:25	3	3:51	13	9:06	
Lauf	5.00	27:08	5:25	6	6:26	17	6:26	25.70	1:37:53	3:48	3	10:17	15	13:08	