



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Schorn, Andrea

□□□: 1:39:30

□□: LC Wiedenbrück

□□: 155

□□: 25.70 km

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

□□□□□/□□□: 79 (of 109)

□□□□□/□: 17 (of 26)

□□□□□□: 1:24:45

□□□□:

Seniorinnen 3 (50-54 Jahre)

□□□□□: 4(of 6)

□□□□□□□: 1:27:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	19:39	28:04	4	3:35	19	6:14	0.70	19:39	28:04	4	3:35	19	6:14
Wechsel S -> R	-	2:36	-	1	-	5	0:27	0.70	22:15	31:47	4	2:52	17	5:48
Schwimmen □□□	0.70	22:15	31:47	4	2:52	17	5:48	0.70	22:15	31:47	4	2:52	17	5:48
Rad netto	20.00	47:44	2:23	4	3:31	13	4:11	20.70	1:09:59	3:22	4	5:53	15	9:46
Wechsel R -> L	-	2:42	-	4	1:04	23	1:21	20.70	1:12:41	3:30	4	5:47	16	11:02
Rad □□□	20.00	50:26	2:31	3	4:11	15	5:14	20.70	1:12:41	3:30	4	5:47	16	11:02
Lauf	5.00	26:49	5:21	5	6:07	16	6:07	25.70	1:39:30	3:52	4	11:54	17	14:45