



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Lüddecke, Iris

000: 1:40:39

00: Non-Stop-Ultra

00: 128

00: 25.70 km

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

00000/000: 81 (of 109)

00000/0: 18 (of 26)

000000: 1:24:45

0000:

00000: 5(of 6)

Seniorinnen 3 (50-54 Jahre)

0000000: 1:27:36

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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	19:45	28:12	5	3:41	20	6:20	0.70	19:45	28:12	5	3:41	20	6:20
Wechsel S -> R	-	4:15	-	6	1:39	21	2:06	0.70	24:00	34:17	5	4:37	22	7:33
Schwimmen 000	0.70	24:00	34:17	5	4:37	22	7:33	0.70	24:00	34:17	5	4:37	22	7:33
Rad netto	20.00	47:27	2:22	3	3:14	10	3:54	20.70	1:11:27	3:27	5	7:21	18	11:14
Wechsel R -> L	-	3:06	-	6	1:28	25	1:45	20.70	1:14:33	3:36	5	7:39	19	12:54
Rad 000	20.00	50:33	2:31	4	4:18	16	5:21	20.70	1:14:33	3:36	5	7:39	19	12:54
Lauf	5.00	26:06	5:13	4	5:24	14	5:24	25.70	1:40:39	3:54	5	13:03	18	15:54