



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Wortmann, Helena

□□□: 1:37:32

□□: Trichicks

□□: 196

□□: 25.70 km

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

□□□□□/□□□: 71 (of 109)

□□□□□/□: 14 (of 26)

□□□□□□: 1:24:45

□□□□:

AK2 weiblich (25-29 Jahre)

□□□□□: 2(of 3)

□□□□□□□: 1:28:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:21	26:12	2	2:24	16	4:56	0.70	18:21	26:12	2	2:24	16	4:56
Wechsel S -> R	-	2:27	-	1	-	2	0:18	0.70	20:48	29:42	2	2:10	14	4:21
Schwimmen □□□	0.70	20:48	29:42	2	2:10	14	4:21	0.70	20:48	29:42	2	2:10	14	4:21
Rad netto	20.00	48:09	2:24	2	4:10	16	4:36	20.70	1:08:57	3:19	2	6:20	14	8:44
Wechsel R -> L	-	2:07	-	2	0:14	13	0:46	20.70	1:11:04	3:25	2	6:34	14	9:25
Rad □□□	20.00	50:16	2:30	2	4:24	13	5:04	20.70	1:11:04	3:25	2	6:34	14	9:25
Lauf	5.00	26:28	5:17	2	2:50	15	5:46	25.70	1:37:32	3:47	2	9:24	14	12:47