



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Gora, Silvia

□□□: 2:38:58

□□: WSU Tri-Team Warendorf

□□: 301

□□: 55.40 km

□□□□□/□□□: 7 (of 59)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 1 (of 12)

□□□□□□: 2:38:58

□□□□:

□□□□□: 1(of 2)

AK2 weiblich (25-29 Jahre)

□□□□□□□: 2:38:58

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	24:52	17:45	1	-	1	-	1.40	24:52	17:45	1	-	1	-
Wechsel S -> R	-	2:20	-	1	-	1	-	1.40	27:12	19:25	1	-	1	-
Schwimmen □□□	1.40	27:12	19:25	1	-	1	-	1.40	27:12	19:25	1	-	1	-
Rad netto	44.00	1:24:08	1:54	1	-	1	-	45.40	1:51:20	2:27	1	-	1	-
Wechsel R -> L	-	1:53	-	1	-	2	0:05	45.40	1:53:13	2:29	1	-	1	-
Rad □□□	44.00	1:26:01	1:57	1	-	1	-	45.40	1:53:13	2:29	1	-	1	-
Lauf	10.00	45:45	4:34	1	-	1	-	55.40	2:38:58	2:52	1	-	1	-