



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Schieffer, Ilka

□□□: 1:43:04

□□: SC Janus Köln

□□: 102

□□: 25.70 km

□□□□□/□□□: 85 (of 109)

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

□□□□□/□: 19 (of 26)

□□□□□□: 1:24:45

□□□□:

□□□□□: 4(of 4)

Seniorinnen 1 (40-44 Jahre)

□□□□□□□: 1:31:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:55	22:44	2	2:30	7	2:30	0.70	15:55	22:44	2	2:30	7	2:30	
Wechsel S -> R	-	4:04	-	4	1:30	20	1:55	0.70	19:59	28:32	3	3:17	10	3:32	
Schwimmen □□□	0.70	19:59	28:32	3	3:17	10	3:32	0.70	19:59	28:32	3	3:17	10	3:32	
Rad netto	20.00	50:40	2:31	4	3:51	19	7:07	20.70	1:10:39	3:24	4	7:08	16	10:26	
Wechsel R -> L	-	2:29	-	4	0:19	21	1:08	20.70	1:13:08	3:31	4	7:16	17	11:29	
Rad □□□	20.00	53:09	2:39	4	3:59	19	7:57	20.70	1:13:08	3:31	4	7:16	17	11:29	
Lauf	5.00	29:56	5:59	4	7:31	21	9:14	25.70	1:43:04	4:00	4	11:10	19	18:19	