



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Fischer, Anna

□□□: 2:47:36

□□: SV Blau-Weiß Bochum

□□: 350

□□: 55.40 km

□□□□□/□□□: 12 (of 59)

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

□□□□□/□: 2 (of 12)

□□□□□□: 2:38:58

□□□□:

□□□□□: 1(of 1)

AK3 weiblich (30-34 Jahre)

□□□□□□□: 2:47:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:31	19:39	1	-	2	2:39	1.40	27:31	19:39	1	-	2	2:39	
Wechsel S -> R	-	2:25	-	1	-	2	0:05	1.40	29:56	21:22	1	-	2	2:44	
Schwimmen □□□	1.40	29:56	21:22	1	-	2	2:44	1.40	29:56	21:22	1	-	2	2:44	
Rad netto	44.00	1:28:29	2:00	1	-	2	4:21	45.40	1:58:25	2:36	1	-	2	7:05	
Wechsel R -> L	-	1:48	-	1	-	1	-	45.40	2:00:13	2:38	1	-	2	7:00	
Rad □□□	44.00	1:30:17	2:03	1	-	2	4:16	45.40	2:00:13	2:38	1	-	2	7:00	
Lauf	10.00	47:23	4:44	1	-	3	1:38	55.40	2:47:36	3:01	1	-	2	8:38	