



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Peters, Diana

□□□: 2:51:31

□□: Tritus SV Neptun Neheim-Hüsten

□□: 313

□□: 55.40 km

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

□□□□□/□□□: 18 (of 59)

□□□□□/□: 3 (of 12)

□□□□□□: 2:38:58

□□□□:

Seniorinnen 1 (40-44 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 2:51:31

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 27:41 | 19:46 | 1 | - | 3 | 2:49 | 1.40 | 27:41 | 19:46 | 1 | - | 3 | 2:49 |
| Wechsel S -> R | - | 2:31 | - | 1 | - | 3 | 0:11 | 1.40 | 30:12 | 21:34 | 1 | - | 3 | 3:00 |
| Schwimmen □□□ | 1.40 | 30:12 | 21:34 | 1 | - | 3 | 3:00 | 1.40 | 30:12 | 21:34 | 1 | - | 3 | 3:00 |
| Rad netto | 44.00 | 1:33:34 | 2:07 | 1 | - | 3 | 9:26 | 45.40 | 2:03:46 | 2:43 | 1 | - | 3 | 12:26 |
| Wechsel R -> L | - | 1:54 | - | 1 | - | 3 | 0:06 | 45.40 | 2:05:40 | 2:46 | 1 | - | 3 | 12:27 |
| Rad □□□ | 44.00 | 1:35:28 | 2:10 | 1 | - | 3 | 9:27 | 45.40 | 2:05:40 | 2:46 | 1 | - | 3 | 12:27 |
| Lauf | 10.00 | 45:51 | 4:35 | 1 | - | 2 | 0:06 | 55.40 | 2:51:31 | 3:05 | 1 | - | 3 | 12:33 |