



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	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	