



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Matysiak, Mirja

000: 2:00:51

00: Köln

00: 124

00: 25.70 km

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

00000/000: 102 (of 109)

00000/0: 26 (of 26)

000000: 1:24:45

0000:

Seniorinnen 2 (45-49 Jahre)

00000: 5(of 5)

0000000: 1:32:12

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	21:38	30:54	4	7:43	25	8:13	0.70	21:38	30:54	4	7:43	25	8:13
Wechsel S -> R	-	4:27	-	3	1:30	22	2:18	0.70	26:05	37:15	4	8:16	25	9:38
Schwimmen 000	0.70	26:05	37:15	4	8:16	25	9:38	0.70	26:05	37:15	4	8:16	25	9:38
Rad netto	20.00	58:04	2:54	5	14:13	26	14:31	20.70	1:24:09	4:03	5	22:29	26	23:56
Wechsel R -> L	-	1:49	-	1	-	6	0:28	20.70	1:25:58	4:09	5	22:00	26	24:19
Rad 000	20.00	59:53	2:59	5	13:44	26	14:41	20.70	1:25:58	4:09	5	22:00	26	24:19
Lauf	5.00	34:53	6:58	5	9:00	26	14:11	25.70	2:00:51	4:42	5	28:39	26	36:06