



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Reuter, Vera

000: 3:00:39

00: 344

00: 55.40 km

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

00000/000: 30 (of 59)

00000/0: 4 (of 12)

000000: 2:38:58

0000:

Seniorinnen 2 (45-49 Jahre)

00000: 1(of 2)

0000000: 3:00:39

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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	1.40	29:58	21:24	2	1:28	6	5:06	1.40	29:58	21:24	2	1:28	6	5:06
Wechsel S -> R	-	3:41	-	1	-	5	1:21	1.40	33:39	24:02	2	1:26	5	6:27
Schwimmen 000	1.40	33:39	24:02	2	1:26	5	6:27	1.40	33:39	24:02	2	1:26	5	6:27
Rad netto	44.00	1:34:43	2:09	1	-	4	10:35	45.40	2:08:22	2:49	1	-	4	17:02
Wechsel R -> L	-	3:37	-	2	0:46	11	1:49	45.40	2:11:59	2:54	1	-	4	18:46
Rad 000	44.00	1:38:20	2:14	1	-	4	12:19	45.40	2:11:59	2:54	1	-	4	18:46
Lauf	10.00	48:40	4:51	1	-	4	2:55	55.40	3:00:39	3:15	1	-	4	21:41