



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Lanzendörfer, Monica

□□□: 3:09:58

□□: TSV Hochdahl

□□: 337

□□: 55.40 km

□□□□□/□□□: 37 (of 59)

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

□□□□□/□: 5 (of 12)

□□□□□□: 2:38:58

□□□□:

□□□□□: 1(of 2)

Seniorinnen 3 (50-54 Jahre)

□□□□□□: 3:09:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:33	21:06	1	-	5	4:41	1.40	29:33	21:06	1	-	5	4:41	
Wechsel S -> R	-	4:47	-	1	-	9	2:27	1.40	34:20	24:31	1	-	6	7:08	
Schwimmen □□□	1.40	34:20	24:31	1	-	6	7:08	1.40	34:20	24:31	1	-	6	7:08	
Rad netto	44.00	1:39:45	2:16	1	-	5	15:37	45.40	2:14:05	2:57	1	-	6	22:45	
Wechsel R -> L	-	2:41	-	1	-	5	0:53	45.40	2:16:46	3:00	1	-	6	23:33	
Rad □□□	44.00	1:42:26	2:19	1	-	5	16:25	45.40	2:16:46	3:00	1	-	6	23:33	
Lauf	10.00	53:12	5:19	1	-	6	7:27	55.40	3:09:58	3:25	1	-	5	31:00	