



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Hermes, Lena

□□□: 31:25

□□: TriFun Hennesee

□□: 28

□□: 6.24 km

Kindertriathlon (0,04-6,00-0,20)

□□□□□/□□□: 2 (of 30)

□□□□□/□: 1 (of 18)

□□□□□□: 31:25

□□□□:

weibliche Jugend B (14+15 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 31:25

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.04 | 1:48 | 45:00 | 1 | - | 3 | 0:11 | 0.04 | 1:48 | 45:00 | 1 | - | 3 | 0:11 | |
| Wechsel S -> R | - | 2:26 | - | 1 | - | 3 | 0:06 | 0.04 | 4:14 | 105:49 | 1 | - | 2 | 0:03 | |
| Schwimmen □□□ | 0.04 | 4:14 | 105:49 | 1 | - | 2 | 0:03 | 0.04 | 4:14 | 105:49 | 1 | - | 2 | 0:03 | |
| Rad netto | 6.00 | 24:14 | 4:02 | 1 | - | 1 | - | 6.04 | 28:28 | 4:42 | 1 | - | 1 | - | |
| Wechsel R -> L | - | 2:52 | - | 3 | 1:39 | 18 | 1:40 | 6.04 | 31:20 | 5:11 | 1 | - | 1 | - | |
| Rad □□□ | 6.00 | 27:06 | 4:30 | 1 | - | 1 | - | 6.04 | 31:20 | 5:11 | 1 | - | 1 | - | |
| Lauf | 0.20 | 0:05 | 0:24 | 1 | - | 1 | - | 6.24 | 31:25 | 5:02 | 1 | - | 1 | - | |