



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Westemeier, Judith

□□□: 3:12:33

□□: Tri Star Oelde

□□: 352

□□: 55.40 km

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

□□□□□/□□□: 43 (of 59)

□□□□□/□: 6 (of 12)

□□□□□□: 2:38:58

□□□□:

Seniorinnen 2 (45-49 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 3:00:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:30	20:21	1	-	4	3:38	1.40	28:30	20:21	1	-	4	3:38
Wechsel S -> R	-	3:43	-	2	0:02	6	1:23	1.40	32:13	23:00	1	-	4	5:01
Schwimmen □□□	1.40	32:13	23:00	1	-	4	5:01	1.40	32:13	23:00	1	-	4	5:01
Rad netto	44.00	1:41:35	2:18	2	6:52	6	17:27	45.40	2:13:48	2:56	2	5:26	5	22:28
Wechsel R -> L	-	2:51	-	1	-	7	1:03	45.40	2:16:39	3:00	2	4:40	5	23:26
Rad □□□	44.00	1:44:26	2:22	2	6:06	6	18:25	45.40	2:16:39	3:00	2	4:40	5	23:26
Lauf	10.00	55:54	5:35	2	7:14	7	10:09	55.40	3:12:33	3:28	2	11:54	6	33:35