



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Arndt, Tine

□□□: 3:17:53

□□: Team Erdinger Alkoholfrei

□□: 331

□□: 55.40 km

□□□□□/□□□: 46 (of 59)

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

□□□□□/□: 7 (of 12)

□□□□□□: 2:38:58

□□□□:

□□□□□: 1(of 2)

AK4 weiblich (35-39 Jahre)

□□□□□□□: 3:17:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:09	23:40	1	-	9	8:17	1.40	33:09	23:40	1	-	9	8:17	
Wechsel S -> R	-	3:51	-	1	-	7	1:31	1.40	37:00	26:25	1	-	7	9:48	
Schwimmen □□□	1.40	37:00	26:25	1	-	7	9:48	1.40	37:00	26:25	1	-	7	9:48	
Rad netto	44.00	1:49:49	2:29	1	-	10	25:41	45.40	2:26:49	3:14	1	-	9	35:29	
Wechsel R -> L	-	2:22	-	1	-	4	0:34	45.40	2:29:11	3:17	1	-	9	35:58	
Rad □□□	44.00	1:52:11	2:32	1	-	10	26:10	45.40	2:29:11	3:17	1	-	9	35:58	
Lauf	10.00	48:42	4:52	1	-	5	2:57	55.40	3:17:53	3:34	1	-	7	38:55	