



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Hoffmann, Andrea

□□□: 3:26:53

□□: RW Kirchhundem

□□: 355

□□: 55.40 km

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

□□□□□/□□□: 51 (of 59)

□□□□□/□: 8 (of 12)

□□□□□□: 2:38:58

□□□□:

Seniorinnen 4 (55-59 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 3:26:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:00	23:34	1	-	7	8:08	1.40	33:00	23:34	1	-	7	8:08
Wechsel S -> R	-	4:21	-	1	-	8	2:01	1.40	37:21	26:40	1	-	8	10:09
Schwimmen □□□	1.40	37:21	26:40	1	-	8	10:09	1.40	37:21	26:40	1	-	8	10:09
Rad netto	44.00	1:47:29	2:26	1	-	7	23:21	45.40	2:24:50	3:11	1	-	7	33:30
Wechsel R -> L	-	3:20	-	1	-	9	1:32	45.40	2:28:10	3:15	1	-	7	34:57
Rad □□□	44.00	1:50:49	2:31	1	-	8	24:48	45.40	2:28:10	3:15	1	-	7	34:57
Lauf	10.00	58:43	5:52	1	-	9	12:58	55.40	3:26:53	3:44	1	-	8	47:55