



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Salingré, Ruth

□□□: 3:28:53

□□: Ingenieurbüro Salingré

□□: 371

□□: 55.40 km

□□□□□/□□□: 52 (of 59)

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

□□□□□/□: 9 (of 12)

□□□□□□: 2:38:58

□□□□:

□□□□□: 1(of 1)

Seniorinnen 5 (60-64 Jahre)

□□□□□□□: 3:28:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:08	23:40	1	-	8	8:16	1.40	33:08	23:40	1	-	8	8:16	
Wechsel S -> R	-	7:13	-	1	-	12	4:53	1.40	40:21	28:49	1	-	11	13:09	
Schwimmen □□□	1.40	40:21	28:49	1	-	11	13:09	1.40	40:21	28:49	1	-	11	13:09	
Rad netto	44.00	1:47:34	2:26	1	-	8	23:26	45.40	2:27:55	3:15	1	-	10	36:35	
Wechsel R -> L	-	3:04	-	1	-	8	1:16	45.40	2:30:59	3:19	1	-	10	37:46	
Rad □□□	44.00	1:50:38	2:30	1	-	7	24:37	45.40	2:30:59	3:19	1	-	10	37:46	
Lauf	10.00	57:54	5:47	1	-	8	12:09	55.40	3:28:53	3:46	1	-	9	49:55	