



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Abebe, Sara

□□□: 3:31:56

□□: 358

□□: 55.40 km

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

□□□□□/□□□: 54 (of 59)

□□□□□/□: 10 (of 12)

□□□□□□: 2:38:58

□□□□:

AK2 weiblich (25-29 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 2:38:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	34:15	24:27	2	9:23	10	9:23	1.40	34:15	24:27	2	9:23	10	9:23
Wechsel S -> R	-	3:38	-	2	1:18	4	1:18	1.40	37:53	27:03	2	10:41	9	10:41
Schwimmen □□□	1.40	37:53	27:03	2	10:41	9	10:41	1.40	37:53	27:03	2	10:41	9	10:41
Rad netto	44.00	1:48:24	2:27	2	24:16	9	24:16	45.40	2:26:17	3:13	2	34:57	8	34:57
Wechsel R -> L	-	2:47	-	2	0:54	6	0:59	45.40	2:29:04	3:17	2	35:51	8	35:51
Rad □□□	44.00	1:51:11	2:31	2	25:10	9	25:10	45.40	2:29:04	3:17	2	35:51	8	35:51
Lauf	10.00	1:02:52	6:17	2	17:07	10	17:07	55.40	3:31:56	3:49	2	52:58	10	52:58