



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Lux, Gabi

□□□: 4:06:21

□□: TSV Hochdahl

□□: 336

□□: 55.40 km

□□□□□/□□□: 57 (of 59)

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

□□□□□/□: 11 (of 12)

□□□□□□: 2:38:58

□□□□:

□□□□□: 2(of 2)

Seniorinnen 3 (50-54 Jahre)

□□□□□□□: 3:09:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	40:43	29:05	2	11:10	12	15:51	1.40	40:43	29:05	2	11:10	12	15:51	
Wechsel S -> R	-	5:25	-	2	0:38	11	3:05	1.40	46:08	32:57	2	11:48	12	18:56	
Schwimmen □□□	1.40	46:08	32:57	2	11:48	12	18:56	1.40	46:08	32:57	2	11:48	12	18:56	
Rad netto	44.00	2:10:31	2:57	2	30:46	11	46:23	45.40	2:56:39	3:53	2	42:34	12	1:05:19	
Wechsel R -> L	-	3:21	-	2	0:40	10	1:33	45.40	3:00:00	3:57	2	43:14	12	1:06:47	
Rad □□□	44.00	2:13:52	3:02	2	31:26	11	47:51	45.40	3:00:00	3:57	2	43:14	12	1:06:47	
Lauf	10.00	1:06:21	6:38	2	13:09	11	20:36	55.40	4:06:21	4:26	2	56:23	11	1:27:23	