



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Donath, Alexandra

□□□: 4:08:08

□□: 339

□□: 55.40 km

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

□□□□□/□□□: 58 (of 59)

□□□□□/□: 12 (of 12)

□□□□□□: 2:38:58

□□□□:

AK4 weiblich (35-39 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 3:17:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	34:15	24:27	2	1:06	10	9:23	1.40	34:15	24:27	2	1:06	10	9:23
Wechsel S -> R	-	4:56	-	2	1:05	10	2:36	1.40	39:11	27:59	2	2:11	10	11:59
Schwimmen □□□	1.40	39:11	27:59	2	2:11	10	11:59	1.40	39:11	27:59	2	2:11	10	11:59
Rad netto	44.00	2:12:53	3:01	2	23:04	12	48:45	45.40	2:52:04	3:47	2	25:15	11	1:00:44
Wechsel R -> L	-	4:08	-	2	1:46	12	2:20	45.40	2:56:12	3:52	2	27:01	11	1:02:59
Rad □□□	44.00	2:17:01	3:06	2	24:50	12	51:00	45.40	2:56:12	3:52	2	27:01	11	1:02:59
Lauf	10.00	1:11:56	7:11	2	23:14	12	26:11	55.40	4:08:08	4:28	2	50:15	12	1:29:10