



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Selker, Astrid

000: 1:24:45

00: LC Wiedenbrück

00: 145

00: 25.70 km

Volksdistanz (0,70-20,00-5,00)

00000/000: 27 (of 109)

00000/0: 1 (of 26)

000000: 1:24:45

0000:

AK3 weiblich (30-34 Jahre)

00000: 1(of 1)

0000000: 1:24:45

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	14:18	20:25	1	-	3	0:53	0.70	14:18	20:25	1	-	3	0:53
Wechsel S -> R	-	2:09	-	1	-	1	-	0.70	16:27	23:30	1	-	1	-
Schwimmen 000	0.70	16:27	23:30	1	-	1	-	0.70	16:27	23:30	1	-	1	-
Rad netto	20.00	43:46	2:11	1	-	3	0:13	20.70	1:00:13	2:54	1	-	1	-
Wechsel R -> L	-	1:26	-	1	-	2	0:05	20.70	1:01:39	2:58	1	-	1	-
Rad 000	20.00	45:12	2:15	1	-	1	-	20.70	1:01:39	2:58	1	-	1	-
Lauf	5.00	23:06	4:37	1	-	3	2:24	25.70	1:24:45	3:17	1	-	1	-