



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Kloppenburg, Greta

□□□: 1:27:29

□□: Aachen

□□: 225

□□: 25.70 km

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

□□□□□/□□□: 32 (of 109)

□□□□□/□: 2 (of 26)

□□□□□□: 1:24:45

□□□□:

AK1 weiblich (20-24 Jahre)

□□□□□: 1(of 2)

□□□□□□: 1:27:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	14:20	20:28	1	-	4	0:55	0.70	14:20	20:28	1	-	4	0:55	
Wechsel S -> R	-	3:19	-	1	-	12	1:10	0.70	17:39	25:12	1	-	3	1:12	
Schwimmen □□□	0.70	17:39	25:12	1	-	3	1:12	0.70	17:39	25:12	1	-	3	1:12	
Rad netto	20.00	43:33	2:10	1	-	1	-	20.70	1:01:12	2:57	1	-	2	0:59	
Wechsel R -> L	-	2:30	-	2	0:21	22	1:09	20.70	1:03:42	3:04	1	-	2	2:03	
Rad □□□	20.00	46:03	2:18	1	-	4	0:51	20.70	1:03:42	3:04	1	-	2	2:03	
Lauf	5.00	23:47	4:45	1	-	6	3:05	25.70	1:27:29	3:24	1	-	2	2:44	