



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Litzenbauer, Leonie

□□□: 1:29:59

□□: SV 1905 Rotensee

□□: 161

□□: 25.70 km

□□□□□/□□□: 40 (of 109)

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

□□□□□/□: 5 (of 26)

□□□□□□: 1:24:45

□□□□:

□□□□□: 1(of 2)

weibliche Jugend A (16+17 Jahre)

□□□□□□□: 1:29:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:39	23:47	1	-	12	3:14	0.70	16:39	23:47	1	-	12	3:14
Wechsel S -> R	-	3:48	-	2	0:21	17	1:39	0.70	20:27	29:12	1	-	12	4:00
Schwimmen □□□	0.70	20:27	29:12	1	-	12	4:00	0.70	20:27	29:12	1	-	12	4:00
Rad netto	20.00	43:37	2:10	1	-	2	0:04	20.70	1:04:04	3:05	1	-	6	3:51
Wechsel R -> L	-	1:47	-	2	0:13	5	0:26	20.70	1:05:51	3:10	1	-	5	4:12
Rad □□□	20.00	45:24	2:16	1	-	2	0:12	20.70	1:05:51	3:10	1	-	5	4:12
Lauf	5.00	24:08	4:49	2	1:00	7	3:26	25.70	1:29:59	3:30	1	-	5	5:14