



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Zimmermann, Franka

□□□: 1:31:54

□□: Tri Sport Menden

□□: 168

□□: 25.70 km

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

□□□□□/□□□: 48 (of 109)

□□□□□/□: 7 (of 26)

□□□□□□: 1:24:45

□□□□:

Seniorinnen 1 (40-44 Jahre)

□□□□□: 1(of 4)

□□□□□□□: 1:31:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:07	23:01	3	2:42	10	2:42	0.70	16:07	23:01	3	2:42	10	2:42
Wechsel S -> R	-	3:04	-	2	0:30	9	0:55	0.70	19:11	27:24	2	2:29	7	2:44
Schwimmen □□□	0.70	19:11	27:24	2	2:29	7	2:44	0.70	19:11	27:24	2	2:29	7	2:44
Rad netto	20.00	48:01	2:24	3	1:12	15	4:28	20.70	1:07:12	3:14	2	3:41	10	6:59
Wechsel R -> L	-	2:17	-	2	0:07	18	0:56	20.70	1:09:29	3:21	2	3:37	11	7:50
Rad □□□	20.00	50:18	2:30	3	1:08	14	5:06	20.70	1:09:29	3:21	2	3:37	11	7:50
Lauf	5.00	22:25	4:29	1	-	2	1:43	25.70	1:31:54	3:34	1	-	7	7:09