



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Dietz, Alexandra

□□□: 1:33:47

□□: TSV Hochdahl

□□: 228

□□: 25.70 km

□□□□□/□□□: 55 (of 109)

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

□□□□□/□: 9 (of 26)

□□□□□□: 1:24:45

□□□□:

□□□□□: 2(of 4)

Seniorinnen 1 (40-44 Jahre)

□□□□□□□: 1:31:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	13:25	19:10	1	-	1	-	0.70	13:25	19:10	1	-	1	-
Wechsel S -> R	-	3:17	-	3	0:43	11	1:08	0.70	16:42	23:51	1	-	2	0:15
Schwimmen □□□	0.70	16:42	23:51	1	-	2	0:15	0.70	16:42	23:51	1	-	2	0:15
Rad netto	20.00	46:49	2:20	1	-	9	3:16	20.70	1:03:31	3:04	1	-	5	3:18
Wechsel R -> L	-	2:21	-	3	0:11	20	1:00	20.70	1:05:52	3:10	1	-	6	4:13
Rad □□□	20.00	49:10	2:27	1	-	9	3:58	20.70	1:05:52	3:10	1	-	6	4:13
Lauf	5.00	27:55	5:35	3	5:30	18	7:13	25.70	1:33:47	3:38	2	1:53	9	9:02