



10. ITH-Henneseer-Triathlon

Meschede / 24.06.2017

0000

RIEGERT, Brigitte

00: Gesundheitswerkstatt

00: 158

00: 25.50 km

Volksdistanz (0,50-20,00-5,00)

0000:

Seniorinnen 2 (45-49 Jahre)

000: 1:43:02

00: 14.56 km/h

0000: 4:02 min/km

00000/000: 135 (of 157)

00000/0: 37 (of 42)

000000: 1:12:08

00000: 6(of 6)

0000000: 1:27:38

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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 | 0.50 | 10:38 | 21:15 | 2 | 0:06 | 13 | 2:32 | 0.50 | 10:38 | 21:15 | 2 | 0:06 | 13 | 2:32 |
| Rad | 20.00 | 1:01:21 | 3:04 | 6 | 11:23 | 40 | 19:10 | 20.50 | 1:11:59 | 3:30 | 6 | 11:29 | 35 | 21:42 |
| Lauf | 5.00 | 31:03 | 6:12 | 5 | 5:53 | 35 | 9:47 | 25.50 | 1:43:02 | 4:02 | 6 | 15:24 | 37 | 30:54 |