



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

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BUSCHKÜHL, Amelie

00: LG Warstein-Rüthen

00: 11

00: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

0000:

weibliche Schüler B (10+11 Jahre)

000: 30:54

00: 11.65 km/h

0000: 4:58 min/km

00000/0000: 24 (of 28)

00000/0: 9 (of 10)

000000: 22:58

00000: 3(of 4)

0000000: 25:42

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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 | 0.20 | 7:40 | 38:20 | 3 | 3:29 | 9 | 4:05 | 0.20 | 7:40 | 38:20 | 3 | 3:29 | 9 | 4:05 |
| Wechsel S -> R | 0.01 | 2:44 | 273:19 | 3 | 0:58 | 8 | 0:58 | 0.21 | 10:24 | 49:31 | 3 | 4:21 | 9 | 4:39 |
| Rad netto | 5.00 | 14:08 | 2:49 | 3 | 0:38 | 8 | 14:05 | 5.21 | 24:32 | 4:42 | 3 | 4:40 | 9 | 17:00 |
| Rad | 0.01 | 1:42 | 170:00 | 3 | 0:22 | 6 | 0:25 | 5.22 | 26:14 | 5:01 | 3 | 4:55 | 9 | 7:42 |
| Lauf | 1.00 | 4:40 | 4:40 | 3 | 0:20 | 6 | 0:20 | 6.22 | 30:54 | 4:58 | 3 | 5:12 | 9 | 7:56 |