



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

FORELL, Michael

00: -

00: 209

00: 25.50 km

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

0000:

Senioren 1 (40-44 Jahre)

000: 1:25:59

00: 17.45 km/h

0000: 3:22 min/km

00000/000: 69 (of 157)

00000/0: 57 (of 115)

000000: 1:04:56

00000: 8(of 13)

0000000: 1:04:56

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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	11:49	23:37	9	3:26	53	3:47	0.50	11:49	23:37	9	3:26	53	3:47
Rad	20.00	47:52	2:23	8	10:43	47	10:45	20.50	59:41	2:54	8	13:51	48	13:51
Lauf	5.00	26:18	5:15	10	9:04	74	9:04	25.50	1:25:59	3:22	8	21:03	57	21:03