



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

TRAPP, Uwe

00: LT MG-Volksgarten

00: 218

00: 25.50 km

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

0000:

Senioren 4 (55-59 Jahre)

000: 1:29:03

00: 16.84 km/h

0000: 3:29 min/km

00000/000: 84 (of 157)

00000/0: 66 (of 115)

000000: 1:04:56

00000: 6(of 7)

0000000: 1:16:54

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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	11:33	23:06	3	1:04	48	3:31	0.50	11:33	23:06	3	1:04	48	3:31
Rad	20.00	49:58	2:29	6	7:47	61	12:51	20.50	1:01:31	3:00	6	7:07	58	15:41
Lauf	5.00	27:32	5:30	6	5:02	85	10:18	25.50	1:29:03	3:29	6	12:09	66	24:07