



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

JUNGESBLUT, Martina

00: Tri Team Selm

00: 115

00: 25.50 km

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

0000:

Seniorinnen 2 (45-49 Jahre)

000: 1:29:43

00: 16.72 km/h

0000: 3:31 min/km

00000/000: 89 (of 157)

00000/0: 20 (of 42)

000000: 1:12:08

00000: 2(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	11:04	22:07	3	0:32	21	2:58	0.50	11:04	22:07	3	0:32	21	2:58
Rad	20.00	53:29	2:40	2	3:31	21	11:18	20.50	1:04:33	3:08	2	4:03	19	14:16
Lauf	5.00	25:10	5:01	1	-	15	3:54	25.50	1:29:43	3:31	2	2:05	20	17:35