



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

BECHER, Sabine

00: TPSK

00: 256

00: 25.50 km

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

0000:

Seniorinnen 3 (50-54 Jahre)

000: 1:46:57

00: 14.31 km/h

0000: 4:11 min/km

00000/000: 142 (of 157)

00000/0: 39 (of 42)

000000: 1:12:08

00000: 6(of 6)

0000000: 1:18:33

0000

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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	11:17	22:33	5	1:43	24	3:11	0.50	11:17	22:33	5	1:43	24	3:11
Rad	20.00	57:13	2:51	5	14:01	29	15:02	20.50	1:08:30	3:20	5	14:36	27	18:13
Lauf	5.00	38:27	7:41	6	16:23	41	17:11	25.50	1:46:57	4:11	6	28:24	39	34:49