



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

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**JÜRGENS, Klaus-Dieter**

00: TCRW Kirchhunden

00: 210

00: 25.50 km

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

0000:

Senioren 8 (75-80 Jahre)

000: 1:47:25

00: 13.96 km/h

0000: 4:13 min/km

00000/000: 143 (of 157)

00000/0: 104 (of 115)

000000: 1:04:56

00000: 1(of 1)

0000000: 1:47:25

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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	11:57	23:53	1	-	59	3:55	0.50	11:57	23:53	1	-	59	3:55
Rad	20.00	1:03:17	3:09	1	-	104	26:10	20.50	1:15:14	3:40	1	-	104	29:24
Lauf	5.00	32:11	6:26	1	-	103	14:57	25.50	1:47:25	4:12	1	-	104	42:29