



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

KREUDER, Jörg

00: RSG AJ Triteam

00: 443

00: 55.50 km

Olympische Distanz (1,50-44,00-10,00)

0000:

Senioren 2 (45-49 Jahre)

000: 2:56:37

00: 18.85 km/h

0000: 3:11 min/km

00000/000: 40 (of 84)

00000/0: 36 (of 69)

000000: 2:18:58

00000: 9(of 17)

0000000: 2:31:21

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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	1.50	36:45	24:30	14	13:51	62	15:51	1.50	36:45	24:30	14	13:51	62	15:51
Rad	44.00	1:31:23	2:04	7	7:44	22	12:24	45.50	2:08:08	2:48	11	19:49	39	26:29
Lauf	10.00	48:29	4:50	7	7:59	31	11:10	55.50	2:56:37	3:10	9	25:16	36	37:39