



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

AHLBORN, Stefan

00: SG Lenglern

00: 468

00: 55.50 km

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

0000:

Senioren 2 (45-49 Jahre)

000: 3:32:30

00: 15.53 km/h

0000: 3:50 min/km

00000/000: 77 (of 84)

00000/0: 65 (of 69)

000000: 2:18:58

00000: 16(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	36:54	24:35	15	14:00	63	16:00	1.50	36:54	24:35	15	14:00	63	16:00
Rad	44.00	1:56:06	2:38	17	32:27	65	37:07	45.50	2:33:00	3:21	17	44:41	66	51:21
Lauf	10.00	59:30	5:57	15	19:00	58	22:11	55.50	3:32:30	3:49	16	1:01:09	65	1:13:32