



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: 15.67 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

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 | 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 |