



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

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BLIESNER, Friedhelm

□□: Duisburger Schwimmverein 1898

□□: 409

□□: 55.50 km

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

□□□□:

Senioren 6 (65-69 Jahre)

□□□: 4:10:31

□□: 13.17 km/h

□□□□: 4:31 min/km

□□□□□/□□□: 82 (of 84)

□□□□□/□: 67 (of 69)

□□□□□□: 2:18:58

□□□□□: 1(of 1)

□□□□□□□: 4:10:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen	1.50	39:02	26:01	1	-	64	18:08	1.50	39:02	26:01	1	-	64	18:08
Rad	44.00	2:17:39	3:07	1	-	67	58:40	45.50	2:56:41	3:52	1	-	67	1:15:02
Lauf	10.00	1:13:50	7:22	1	-	67	36:31	55.50	4:10:31	4:30	1	-	67	1:51:33