



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

LAMOTTE, Burkhard

00: PSV Brilon

00: 246

00: 25.50 km

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

0000:

Senioren 2 (45-49 Jahre)

000: 1:11:59

00: 20.84 km/h

0000: 2:49 min/km

00000/000: 11 (of 157)

00000/0: 11 (of 115)

000000: 1:04:56

00000: 4(of 17)

0000000: 1:05:58

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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	8:45	17:30	3	0:43	7	0:43	0.50	8:45	17:30	3	0:43	7	0:43
Rad	20.00	43:04	2:09	6	3:33	18	5:57	20.50	51:49	2:31	3	3:45	12	5:59
Lauf	5.00	20:10	4:01	3	2:16	10	2:56	25.50	1:11:59	2:49	4	6:01	11	7:03