



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

ORT, Andreas

00: TSV-Rüthen

00: 302

00: 25.20 km

Sprintdistanz (0,2,- 20,00,- 5,00)

0000:

AK2 männlich (25-29 Jahre)

000: 1:12:01

00: 20.83 km/h

0000: 2:52 min/km

00000/000: 4 (of 19)

00000/0: 2 (of 9)

000000: 1:04:46

00000: 1(of 1)

0000000: 1:12:01

0000

0000

000

| 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 | 0.20  | 4:14  | 21:09  | 1  | -  | 2  | 0:05 | 0.20  | 4:14    | 21:09  | 1  | -  | 2  | 0:05 |
| Rad       | 20.00 | 47:32 | 2:22   | 1  | -  | 3  | 6:58 | 20.20 | 51:46   | 2:33   | 1  | -  | 3  | 7:03 |
| Lauf      | 5.00  | 20:15 | 4:02   | 1  | -  | 2  | 0:12 | 25.20 | 1:12:01 | 2:51   | 1  | -  | 2  | 7:15 |