



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

0000

HERTING, Jörg

00: Tri-Cops Warstein

00: 236

00: 25.50 km

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

0000:

Senioren 2 (45-49 Jahre)

000: 1:15:51

00: 19.78 km/h

0000: 2:58 min/km

00000/000: 22 (of 157)

00000/0: 21 (of 115)

000000: 1:04:56

00000: 7(of 17)

0000000: 1:05:58

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	0.50	10:18	20:36	5	2:16	23	2:16	0.50	10:18	20:36	5	2:16	23	2:16
Rad	20.00	43:59	2:11	8	4:28	23	6:52	20.50	54:17	2:38	7	6:13	24	8:27
Lauf	5.00	21:34	4:18	7	3:40	23	4:20	25.50	1:15:51	2:58	7	9:53	21	10:55