



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Wolke, Annegret**

000: 3:40:00

00: LTV Lippstadt Triathlon

00: 336

00: 55.40 km

Olympische Distanz (1,40-44,00-10,00)

00000/000: 82 (of 86)

00000/0: 14 (of 17)

000000: 2:47:28

0000:

Seniorinnen 2 (45-49 Jahre)

00000: 5(of 5)

0000000: 2:47:28

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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 nett	1.40	36:27	26:02	4	10:35	14	12:24	1.40	36:27	26:02	5	10:35	14	10:35
Wechsel S -> R	-	5:01	-	5	2:47	15	2:55	1.40	41:28	29:37	5	13:05	14	13:05
Schwimmen 000	1.40	41:28	29:37	5	13:05	14	13:05	1.40	41:28	29:37	5	13:05	14	13:05
Rad netto	44.00	1:51:42	2:32	5	22:43	14	23:26	45.40	2:33:10	3:22	4	35:48	11	35:48
Wechsel R -> L	-	2:33	-	5	1:03	15	1:08	45.40	2:35:43	3:25	4	29:22	11	34:01
Rad 000	44.00	1:54:15	2:35	5	23:46	14	23:46	45.40	2:35:43	3:25	4	29:22	11	34:01
Lauf	10.00	1:04:17	6:25	5	16:23	14	16:23	55.40	3:40:00	3:58	5	52:32	14	52:32