



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

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**WOLKE, Annegret**

□□: LTV Lippstadt Triathlon

□□: 439

□□: 55.50 km

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

□□□□:

Seniorinnen 3 (50-54 Jahre)

□□□: 3:39:12

□□: 15.19 km/h

□□□□: 3:57 min/km

□□□□□/□□□: 81 (of 84)

□□□□□/□: 15 (of 15)

□□□□□□: 2:36:33

□□□□□: 2(of 2)

□□□□□□□: 2:55:09

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□□□□

□□□

| □□□       | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 1.50     | 36:25    | 24:16        | 2       | 9:38    | 14      | 9:40    | 1.50  | 36:25     | 24:16         | 2       | 9:38    | 14      | 9:40    |
| Rad       | 44.00    | 2:01:08  | 2:45         | 2       | 27:54   | 14      | 32:51   | 45.50 | 2:37:33   | 3:27          | 2       | 37:32   | 15      | 41:51   |
| Lauf      | 10.00    | 1:01:39  | 6:09         | 2       | 6:31    | 14      | 20:48   | 55.50 | 3:39:12   | 3:56          | 2       | 44:03   | 15      | 1:02:39 |