



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

□□□□

**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

□□: 15.05 km/h

□□□□: 3:57 min/km

□□□□□/□□□: 81 (of 84)

□□□□□/□: 15 (of 15)

□□□□□□: 2:36:33

□□□□□: 2(of 2)

□□□□□□□: 2:55:09

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
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