



# 10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

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**WERNKE, Philine**

00: Tri-AS Hamm

00: 316

00: 25.20 km

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

0000:

Juniorinnen (18+19 Jahre)

000: 1:09:03

00: 21.72 km/h

0000: 2:44 min/km

00000/000: 3 (of 19)

00000/0: 2 (of 10)

000000: 1:07:38

00000: 1(of 1)

0000000: 1:09:03

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	0.20	4:54	24:30	1	-	3	1:11	0.20	4:54	24:30	1	-	3	1:11
Rad	20.00	43:12	2:09	1	-	1	-	20.20	48:06	2:22	1	-	2	0:59
Lauf	5.00	20:57	4:11	1	-	2	0:26	25.20	1:09:03	2:44	1	-	2	1:25