



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Wald, Christian

□□□: 21:13

□□: LSV 07 Ludwigshafen

□□: 808

□□: 6.20 km

Schüler B Triathlon (200 m, 5 km, 1,0 km)

□□□□□/□□□: 3 (of 16)

□□□□□/□: 3 (of 10)

□□□□□□: 20:43

□□□□:

männliche Schüler B (10+11 Jahre)

□□□□□: 3(of 10)

□□□□□□□: 20:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	3:35	17:55	2	0:12	2	0:12	0.20	3:35	17:55	2	0:12	2	0:12
Wechsel S -> R	-	1:02	-	2	0:05	2	0:05	0.20	4:37	23:04	2	0:05	2	0:05
Schwimmen □□□	0.20	4:37	23:04	2	0:05	2	0:05	0.20	4:37	23:04	2	0:05	2	0:05
Rad netto	5.00	11:02	2:12	2	0:14	2	0:14	5.20	15:39	3:00	3	0:04	3	0:04
Wechsel R -> L	-	0:53	-	4	0:04	4	0:04	5.20	16:32	3:10	3	0:03	3	0:03
Rad □□□	5.00	11:55	2:23	2	0:13	2	0:13	5.20	16:32	3:10	3	0:03	3	0:03
Lauf	1.00	4:41	4:41	4	0:27	4	0:27	6.20	21:13	3:25	3	0:30	3	0:30