



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Mark, Anna

□□□: 26:43

□□: SV Traisa

□□: 810

□□: 6.20 km

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

□□□□□/□□□: 10 (of 16)

□□□□□/□: 3 (of 6)

□□□□□□: 22:55

□□□□:

weibliche Schüler B (10+11 Jahre)

□□□□□: 3(of 6)

□□□□□□□: 22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	4:49	24:04	2	0:13	2	0:13	0.20	4:49	24:04	2	0:13	2	0:13
Wechsel S -> R	-	1:24	-	3	0:21	3	0:21	0.20	6:13	31:04	2	0:34	2	0:34
Schwimmen □□□	0.20	6:13	31:04	2	0:34	2	0:34	0.20	6:13	31:04	2	0:34	2	0:34
Rad netto	5.00	14:07	2:49	4	2:24	4	2:24	5.20	20:20	3:54	3	2:58	3	2:58
Wechsel R -> L	-	0:57	-	2	0:06	2	0:06	5.20	21:17	4:05	3	3:04	3	3:04
Rad □□□	5.00	15:04	3:00	4	2:30	4	2:30	5.20	21:17	4:05	3	3:04	3	3:04
Lauf	1.00	5:26	5:26	3	0:44	3	0:44	6.20	26:43	4:18	3	3:48	3	3:48