



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Buck, Niklas

□□□: 31:05

□□: SV 1911 Traisa

□□: 809

□□: 6.20 km

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

□□□□□/□□□: 14 (of 16)

□□□□□/□: 9 (of 10)

□□□□□□: 20:43

□□□□:

männliche Schüler B (10+11 Jahre)

□□□□□: 9(of 10)

□□□□□□□: 20:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	6:17	31:24	9	2:54	9	2:54	0.20	6:17	31:24	9	2:54	9	2:54
Wechsel S -> R	-	1:45	-	8	0:48	8	0:48	0.20	8:02	40:09	8	3:30	8	3:30
Schwimmen □□□	0.20	8:02	40:09	8	3:30	8	3:30	0.20	8:02	40:09	8	3:30	8	3:30
Rad netto	5.00	15:06	3:01	9	4:18	9	4:18	5.20	23:08	4:26	9	7:33	9	7:33
Wechsel R -> L	-	1:08	-	9	0:19	9	0:19	5.20	24:16	4:39	9	7:47	9	7:47
Rad □□□	5.00	16:14	3:14	9	4:32	9	4:32	5.20	24:16	4:39	9	7:47	9	7:47
Lauf	1.00	6:49	6:48	9	2:35	9	2:35	6.20	31:05	5:00	9	10:22	9	10:22