



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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**Neher, Marko**

□□□: 35:50

□□: Heppenheim

□□: 801

□□: 6.20 km

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

□□□□□/□□□: 16 (of 16)

□□□□□/□: 10 (of 10)

□□□□□□: 20:43

□□□□:

männliche Schüler B (10+11 Jahre)

□□□□□: 10(of 10)

□□□□□□□: 20:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	6:44	33:39	10	3:21	10	3:21	0.20	6:44	33:39	10	3:21	10	3:21	
Wechsel S -> R	-	2:58	-	9	2:01	9	2:01	0.20	9:42	48:29	10	5:10	10	5:10	
Schwimmen □□□	0.20	9:42	48:29	10	5:10	10	5:10	0.20	9:42	48:29	10	5:10	10	5:10	
Rad netto	5.00	16:34	3:18	10	5:46	10	5:46	5.20	26:16	5:03	10	10:41	10	10:41	
Wechsel R -> L	-	1:25	-	10	0:36	10	0:36	5.20	27:41	5:19	10	11:12	10	11:12	
Rad □□□	5.00	17:59	3:35	10	6:17	10	6:17	5.20	27:41	5:19	10	11:12	10	11:12	
Lauf	1.00	8:09	8:09	10	3:55	10	3:55	6.20	35:50	5:46	10	15:07	10	15:07	