



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Werner, Jan

□□□: 36:57

□□: TSV Amicitia Viernheim

□□: 869

□□: 12.90 km

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Jugend Triathlon (400 m, 10 km, 2,5 km)

□□□□□/□: 1 (of 10)

□□□□□□: 36:57

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□□□□□: 1(of 10)

männliche Jugend B (14+15 Jahre)

□□□□□□□: 36:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:09	15:22	1	-	1	-	0.40	6:09	15:22	1	-	1	-
Wechsel S -> R	-	1:08	-	1	-	1	-	0.40	7:17	18:12	1	-	1	-
Schwimmen □□□	0.40	7:17	18:12	1	-	1	-	0.40	7:17	18:12	1	-	1	-
Rad netto	10.00	17:35	1:45	1	-	1	-	10.40	24:52	2:23	1	-	1	-
Wechsel R -> L	-	0:48	-	1	-	1	-	10.40	25:40	2:28	1	-	1	-
Rad □□□	10.00	18:23	1:50	1	-	1	-	10.40	25:40	2:28	1	-	1	-
Lauf	2.50	11:17	4:30	4	1:03	4	1:03	12.90	36:57	2:51	1	-	1	-