



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

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Neubert, Josephine

□□□: 37:20

□□: Ludwigshafener SV 07

□□: 851

□□: 12.90 km

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

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□□□□□□: 37:20

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weibliche Jugend B (14+15 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	5:48	14:29	1	-	1	-	0.40	5:48	14:29	1	-	1	-
Wechsel S -> R	-	1:03	-	1	-	1	-	0.40	6:51	17:07	1	-	1	-
Schwimmen □□□	0.40	6:51	17:07	1	-	1	-	0.40	6:51	17:07	1	-	1	-
Rad netto	10.00	17:38	1:45	1	-	1	-	10.40	24:29	2:21	1	-	1	-
Wechsel R -> L	-	0:50	-	1	-	1	-	10.40	25:19	2:26	1	-	1	-
Rad □□□	10.00	18:28	1:50	1	-	1	-	10.40	25:19	2:26	1	-	1	-
Lauf	2.50	12:01	4:48	1	-	1	-	12.90	37:20	2:53	1	-	1	-