



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Schmähl, Luca

□□□: 37:55

□□: Ludwigshafener SV07

□□: 878

□□: 12.90 km

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

□□□□□/□□□: 4 (of 19)

□□□□□/□: 3 (of 10)

□□□□□□: 36:57

□□□□:

männliche Jugend B (14+15 Jahre)

□□□□□: 3(of 10)

□□□□□□□: 36:57

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40     | 7:28     | 18:39        | 9       | 1:19    | 9       | 1:19    | 0.40  | 7:28      | 18:39         | 9       | 1:19    | 9       | 1:19    |
| Wechsel S -> R | -        | 1:16     | -            | 5       | 0:08    | 5       | 0:08    | 0.40  | 8:44      | 21:49         | 10      | 1:27    | 10      | 1:27    |
| Schwimmen □□□  | 0.40     | 8:44     | 21:49        | 10      | 1:27    | 10      | 1:27    | 0.40  | 8:44      | 21:49         | 10      | 1:27    | 10      | 1:27    |
| Rad netto      | 10.00    | 18:07    | 1:48         | 3       | 0:32    | 3       | 0:32    | 10.40 | 26:51     | 2:34          | 5       | 1:59    | 5       | 1:59    |
| Wechsel R -> L | -        | 0:50     | -            | 2       | 0:02    | 2       | 0:02    | 10.40 | 27:41     | 2:39          | 5       | 2:01    | 5       | 2:01    |
| Rad □□□        | 10.00    | 18:57    | 1:53         | 3       | 0:34    | 3       | 0:34    | 10.40 | 27:41     | 2:39          | 5       | 2:01    | 5       | 2:01    |
| Lauf           | 2.50     | 10:14    | 4:05         | 1       | -       | 1       | -       | 12.90 | 37:55     | 2:56          | 3       | 0:58    | 3       | 0:58    |