



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Leßmann, Gero

□□□: 38:45

□□: SC Wiesbaden

□□: 873

□□: 12.90 km

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

□□□□□/□□□: 5 (of 19)

□□□□□/□: 4 (of 10)

□□□□□□: 36:57

□□□□:

männliche Jugend B (14+15 Jahre)

□□□□□: 4(of 10)

□□□□□□□: 36:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:46	16:54	2	0:37	2	0:37	0.40	6:46	16:54	2	0:37	2	0:37
Wechsel S -> R	-	1:26	-	10	0:18	10	0:18	0.40	8:12	20:29	6	0:55	6	0:55
Schwimmen □□□	0.40	8:12	20:29	6	0:55	6	0:55	0.40	8:12	20:29	6	0:55	6	0:55
Rad netto	10.00	18:34	1:51	6	0:59	6	0:59	10.40	26:46	2:34	4	1:54	4	1:54
Wechsel R -> L	-	0:53	-	5	0:05	5	0:05	10.40	27:39	2:39	4	1:59	4	1:59
Rad □□□	10.00	19:27	1:56	6	1:04	6	1:04	10.40	27:39	2:39	4	1:59	4	1:59
Lauf	2.50	11:06	4:26	3	0:52	3	0:52	12.90	38:45	3:00	4	1:48	4	1:48