



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Quintel, Oliver

□□□: 41:13

□□: SV 1911 Traisa

□□: 855

□□: 12.90 km

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

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□□□□□□: 36:57

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männliche Jugend B (14+15 Jahre)

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□□□	□□ km	□□ □□	□□ min/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	-	1:21	-	8	0:13	8	0:13	0.40	8:07	20:17	3	0:50	3	0:50
Schwimmen □□□	0.40	8:07	20:17	3	0:50	3	0:50	0.40	8:07	20:17	3	0:50	3	0:50
Rad netto	10.00	19:36	1:57	8	2:01	8	2:01	10.40	27:43	2:39	7	2:51	7	2:51
Wechsel R -> L	-	1:04	-	9	0:16	9	0:16	10.40	28:47	2:46	7	3:07	7	3:07
Rad □□□	10.00	20:40	2:04	8	2:17	8	2:17	10.40	28:47	2:46	7	3:07	7	3:07
Lauf	2.50	12:26	4:58	8	2:12	8	2:12	12.90	41:13	3:11	8	4:16	8	4:16