



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Selzer, Franziska

□□□: 41:35

□□: RV 03 Bürstadt Triathlon

□□: 860

□□: 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	6:47	16:57	4	0:59	4	0:59	0.40	6:47	16:57	4	0:59	4	0:59
Wechsel S -> R	-	1:15	-	2	0:12	2	0:12	0.40	8:02	20:04	2	1:11	2	1:11
Schwimmen □□□	0.40	8:02	20:04	2	1:11	2	1:11	0.40	8:02	20:04	2	1:11	2	1:11
Rad netto	10.00	19:28	1:56	2	1:50	2	1:50	10.40	27:30	2:38	2	3:01	2	3:01
Wechsel R -> L	-	0:51	-	2	0:01	2	0:01	10.40	28:21	2:43	2	3:02	2	3:02
Rad □□□	10.00	20:19	2:01	2	1:51	2	1:51	10.40	28:21	2:43	2	3:02	2	3:02
Lauf	2.50	13:14	5:17	2	1:13	2	1:13	12.90	41:35	3:13	2	4:15	2	4:15