



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Haubach, Finn

□□□: 41:50

□□: Ludwigshafener Schwimmverein 07

□□: 881

□□: 12.90 km

Schüler A Triathlon (400 m, 10 km, 2,5 km)

□□□□□/□□□: 3 (of 12)

□□□□□/□: 2 (of 6)

□□□□□□: 36:09

□□□□:

männliche Schüler A (12+13 Jahre)

□□□□□: 2(of 6)

□□□□□□□: 36:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	7:58	19:54	2	2:25	2	2:25	0.40	7:58	19:54	2	2:25	2	2:25
Wechsel S -> R	-	1:04	-	2	0:08	2	0:08	0.40	9:02	22:34	2	2:33	2	2:33
Schwimmen □□□	0.40	9:02	22:34	2	2:33	2	2:33	0.40	9:02	22:34	2	2:33	2	2:33
Rad netto	10.00	19:36	1:57	3	1:11	3	1:11	10.40	28:38	2:45	2	3:44	2	3:44
Wechsel R -> L	-	0:54	-	3	0:10	3	0:10	10.40	29:32	2:50	2	3:54	2	3:54
Rad □□□	10.00	20:30	2:02	3	1:21	3	1:21	10.40	29:32	2:50	2	3:54	2	3:54
Lauf	2.50	12:18	4:55	3	1:47	3	1:47	12.90	41:50	3:14	2	5:41	2	5:41