



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Seidler, Lasse

□□□: 42:45

□□: Mühlthal

□□: 857

□□: 12.90 km

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

□□□□□/□□□: 11 (of 19)

□□□□□/□: 9 (of 10)

□□□□□□: 36:57

□□□□:

männliche Jugend B (14+15 Jahre)

□□□□□: 9(of 10)

□□□□□□□: 36:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:54	17:15	6	0:45	6	0:45	0.40	6:54	17:15	6	0:45	6	0:45
Wechsel S -> R	-	1:14	-	4	0:06	4	0:06	0.40	8:08	20:19	4	0:51	4	0:51
Schwimmen □□□	0.40	8:08	20:19	4	0:51	4	0:51	0.40	8:08	20:19	4	0:51	4	0:51
Rad netto	10.00	20:49	2:04	10	3:14	10	3:14	10.40	28:57	2:47	10	4:05	10	4:05
Wechsel R -> L	-	0:52	-	4	0:04	4	0:04	10.40	29:49	2:52	9	4:09	9	4:09
Rad □□□	10.00	21:41	2:10	10	3:18	10	3:18	10.40	29:49	2:52	9	4:09	9	4:09
Lauf	2.50	12:56	5:10	9	2:42	9	2:42	12.90	42:45	3:18	9	5:48	9	5:48