



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Held, Sebastian

□□□: 43:08

□□: RV 03 Bürstadt Triathlon

□□: 859

□□: 12.90 km

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

□□□□□/□□□: 4 (of 12)

□□□□□/□: 3 (of 6)

□□□□□□: 36:09

□□□□:

männliche Schüler A (12+13 Jahre)

□□□□□: 3(of 6)

□□□□□□□: 36:09

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40 | 9:19 | 23:17 | 5 | 3:46 | 5 | 3:46 | 0.40 | 9:19 | 23:17 | 5 | 3:46 | 5 | 3:46 |
| Wechsel S -> R | - | 1:14 | - | 3 | 0:18 | 3 | 0:18 | 0.40 | 10:33 | 26:22 | 4 | 4:04 | 4 | 4:04 |
| Schwimmen □□□ | 0.40 | 10:33 | 26:22 | 4 | 4:04 | 4 | 4:04 | 0.40 | 10:33 | 26:22 | 4 | 4:04 | 4 | 4:04 |
| Rad netto | 10.00 | 19:29 | 1:56 | 2 | 1:04 | 2 | 1:04 | 10.40 | 30:02 | 2:53 | 3 | 5:08 | 3 | 5:08 |
| Wechsel R -> L | - | 0:55 | - | 4 | 0:11 | 4 | 0:11 | 10.40 | 30:57 | 2:58 | 3 | 5:19 | 3 | 5:19 |
| Rad □□□ | 10.00 | 20:24 | 2:02 | 2 | 1:15 | 2 | 1:15 | 10.40 | 30:57 | 2:58 | 3 | 5:19 | 3 | 5:19 |
| Lauf | 2.50 | 12:11 | 4:52 | 2 | 1:40 | 2 | 1:40 | 12.90 | 43:08 | 3:20 | 3 | 6:59 | 3 | 6:59 |