



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Völpel, Selina

□□□: 45:32

□□: Ludwigshafen

□□: 871

□□: 12.90 km

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

□□□□□/□□□: 13 (of 19)

□□□□□/□: 4 (of 9)

□□□□□□: 37:20

□□□□:

weibliche Jugend B (14+15 Jahre)

□□□□□: 4(of 9)

□□□□□□□: 37:20

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40 | 7:25 | 18:32 | 6 | 1:37 | 6 | 1:37 | 0.40 | 7:25 | 18:32 | 6 | 1:37 | 6 | 1:37 |
| Wechsel S -> R | - | 1:16 | - | 3 | 0:13 | 3 | 0:13 | 0.40 | 8:41 | 21:42 | 5 | 1:50 | 5 | 1:50 |
| Schwimmen □□□ | 0.40 | 8:41 | 21:42 | 5 | 1:50 | 5 | 1:50 | 0.40 | 8:41 | 21:42 | 5 | 1:50 | 5 | 1:50 |
| Rad netto | 10.00 | 20:50 | 2:04 | 5 | 3:12 | 5 | 3:12 | 10.40 | 29:31 | 2:50 | 5 | 5:02 | 5 | 5:02 |
| Wechsel R -> L | - | 1:01 | - | 5 | 0:11 | 5 | 0:11 | 10.40 | 30:32 | 2:56 | 5 | 5:13 | 5 | 5:13 |
| Rad □□□ | 10.00 | 21:51 | 2:11 | 4 | 3:23 | 4 | 3:23 | 10.40 | 30:32 | 2:56 | 5 | 5:13 | 5 | 5:13 |
| Lauf | 2.50 | 15:00 | 6:00 | 4 | 2:59 | 4 | 2:59 | 12.90 | 45:32 | 3:31 | 4 | 8:12 | 4 | 8:12 |