



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Asel, Tomek

□□□: 46:22

□□: RV 03 Bürstadt Triathlon

□□: 858

□□: 12.90 km

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

□□□□□/□□□: 5 (of 12)

□□□□□/□: 4 (of 6)

□□□□□□: 36:09

□□□□:

männliche Schüler A (12+13 Jahre)

□□□□□: 4(of 6)

□□□□□□□: 36:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	9:11	22:57	4	3:38	4	3:38	0.40	9:11	22:57	4	3:38	4	3:38
Wechsel S -> R	-	1:27	-	4	0:31	4	0:31	0.40	10:38	26:34	5	4:09	5	4:09
Schwimmen □□□	0.40	10:38	26:34	5	4:09	5	4:09	0.40	10:38	26:34	5	4:09	5	4:09
Rad netto	10.00	22:30	2:15	4	4:05	4	4:05	10.40	33:08	3:11	5	8:14	5	8:14
Wechsel R -> L	-	0:52	-	2	0:08	2	0:08	10.40	34:00	3:16	5	8:22	5	8:22
Rad □□□	10.00	23:22	2:20	4	4:13	4	4:13	10.40	34:00	3:16	5	8:22	5	8:22
Lauf	2.50	12:22	4:56	4	1:51	4	1:51	12.90	46:22	3:35	4	10:13	4	10:13