



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Englert, Niklas

□□□: 46:38

□□: Neustadt

□□: 875

□□: 12.90 km

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

□□□□□/□□□: 6 (of 12)

□□□□□/□: 5 (of 6)

□□□□□□: 36:09

□□□□:

männliche Schüler A (12+13 Jahre)

□□□□□: 5(of 6)

□□□□□□□: 36:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	8:22	20:55	3	2:49	3	2:49	0.40	8:22	20:55	3	2:49	3	2:49
Wechsel S -> R	-	1:28	-	5	0:32	5	0:32	0.40	9:50	24:34	3	3:21	3	3:21
Schwimmen □□□	0.40	9:50	24:34	3	3:21	3	3:21	0.40	9:50	24:34	3	3:21	3	3:21
Rad netto	10.00	22:30	2:15	4	4:05	4	4:05	10.40	32:20	3:06	4	7:26	4	7:26
Wechsel R -> L	-	0:57	-	5	0:13	5	0:13	10.40	33:17	3:12	4	7:39	4	7:39
Rad □□□	10.00	23:27	2:20	5	4:18	5	4:18	10.40	33:17	3:12	4	7:39	4	7:39
Lauf	2.50	13:21	5:20	5	2:50	5	2:50	12.90	46:38	3:36	5	10:29	5	10:29