



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Hartl, Adrian

□□□: 47:42

□□: RV 03 Bürstadt Triathlon

□□: 863

□□: 12.90 km

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

□□□□□/□□□: 14 (of 19)

□□□□□/□: 10 (of 10)

□□□□□□: 36:57

□□□□:

männliche Jugend B (14+15 Jahre)

□□□□□: 10(of 10)

□□□□□□□: 36:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	7:08	17:49	7	0:59	7	0:59	0.40	7:08	17:49	7	0:59	7	0:59
Wechsel S -> R	-	1:24	-	9	0:16	9	0:16	0.40	8:32	21:19	7	1:15	7	1:15
Schwimmen □□□	0.40	8:32	21:19	7	1:15	7	1:15	0.40	8:32	21:19	7	1:15	7	1:15
Rad netto	10.00	20:11	2:01	9	2:36	9	2:36	10.40	28:43	2:45	9	3:51	9	3:51
Wechsel R -> L	-	1:08	-	10	0:20	10	0:20	10.40	29:51	2:52	10	4:11	10	4:11
Rad □□□	10.00	21:19	2:07	9	2:56	9	2:56	10.40	29:51	2:52	10	4:11	10	4:11
Lauf	2.50	17:51	7:08	10	7:37	10	7:37	12.90	47:42	3:41	10	10:45	10	10:45