



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Mark, Melanie

□□□: 48:48

□□: SV Traisa

□□: 868

□□: 12.90 km

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

□□□□□/□□□: 17 (of 19)

□□□□□/□: 7 (of 9)

□□□□□□: 37:20

□□□□:

weibliche Jugend B (14+15 Jahre)

□□□□□: 7(of 9)

□□□□□□□: 37:20

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40 | 8:09 | 20:22 | 8 | 2:21 | 8 | 2:21 | 0.40 | 8:09 | 20:22 | 8 | 2:21 | 8 | 2:21 |
| Wechsel S -> R | - | 1:21 | - | 4 | 0:18 | 4 | 0:18 | 0.40 | 9:30 | 23:45 | 7 | 2:39 | 7 | 2:39 |
| Schwimmen □□□ | 0.40 | 9:30 | 23:45 | 7 | 2:39 | 7 | 2:39 | 0.40 | 9:30 | 23:45 | 7 | 2:39 | 7 | 2:39 |
| Rad netto | 10.00 | 22:48 | 2:16 | 7 | 5:10 | 7 | 5:10 | 10.40 | 32:18 | 3:06 | 7 | 7:49 | 7 | 7:49 |
| Wechsel R -> L | - | 1:13 | - | 7 | 0:23 | 7 | 0:23 | 10.40 | 33:31 | 3:13 | 7 | 8:12 | 7 | 8:12 |
| Rad □□□ | 10.00 | 24:01 | 2:24 | 8 | 5:33 | 8 | 5:33 | 10.40 | 33:31 | 3:13 | 7 | 8:12 | 7 | 8:12 |
| Lauf | 2.50 | 15:17 | 6:06 | 5 | 3:16 | 5 | 3:16 | 12.90 | 48:48 | 3:46 | 7 | 11:28 | 7 | 11:28 |