



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