



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Hutzler, Maren

□□□: 48:56

□□: SG Neptun Lampertheim

□□: 877

□□: 12.90 km

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

□□□□□/□□□: 7 (of 12)

□□□□□/□: 2 (of 6)

□□□□□□: 39:28

□□□□:

weibliche Schüler A (12+13 Jahre)

□□□□□: 2(of 6)

□□□□□□□: 39:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	7:15	18:07	3	1:13	3	1:13	0.40	7:15	18:07	3	1:13	3	1:13
Wechsel S -> R	-	1:56	-	6	0:50	6	0:50	0.40	9:11	22:57	3	2:03	3	2:03
Schwimmen □□□	0.40	9:11	22:57	3	2:03	3	2:03	0.40	9:11	22:57	3	2:03	3	2:03
Rad netto	10.00	24:52	2:29	4	5:19	4	5:19	10.40	34:03	3:16	4	7:22	4	7:22
Wechsel R -> L	-	1:06	-	5	0:18	5	0:18	10.40	35:09	3:22	4	7:40	4	7:40
Rad □□□	10.00	25:58	2:35	4	5:37	4	5:37	10.40	35:09	3:22	4	7:40	4	7:40
Lauf	2.50	13:47	5:30	2	1:48	2	1:48	12.90	48:56	3:47	2	9:28	2	9:28