



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Rolvien, Celine

□□□: 48:25

□□: RV 03 Bürstadt Triathlon

□□: 861

□□: 12.90 km

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

□□□□□/□□□: 15 (of 19)

□□□□□/□: 5 (of 9)

□□□□□□: 37:20

□□□□:

weibliche Jugend B (14+15 Jahre)

□□□□□: 5(of 9)

□□□□□□□: 37:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:43	16:47	2	0:55	2	0:55	0.40	6:43	16:47	2	0:55	2	0:55
Wechsel S -> R	-	1:24	-	5	0:21	5	0:21	0.40	8:07	20:17	3	1:16	3	1:16
Schwimmen □□□	0.40	8:07	20:17	3	1:16	3	1:16	0.40	8:07	20:17	3	1:16	3	1:16
Rad netto	10.00	20:39	2:03	3	3:01	3	3:01	10.40	28:46	2:45	3	4:17	3	4:17
Wechsel R -> L	-	1:07	-	6	0:17	6	0:17	10.40	29:53	2:52	3	4:34	3	4:34
Rad □□□	10.00	21:46	2:10	3	3:18	3	3:18	10.40	29:53	2:52	3	4:34	3	4:34
Lauf	2.50	18:32	7:24	9	6:31	9	6:31	12.90	48:25	3:45	5	11:05	5	11:05