



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Mörstedt, Maria

□□□: 49:46

□□: Lampertheim

□□: 866

□□: 12.90 km

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

□□□□□/□□□: 8 (of 12)

□□□□□/□: 3 (of 6)

□□□□□□: 39:28

□□□□:

weibliche Schüler A (12+13 Jahre)

□□□□□: 3(of 6)

□□□□□□□: 39:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:42	16:45	2	0:40	2	0:40	0.40	6:42	16:45	2	0:40	2	0:40
Wechsel S -> R	-	1:35	-	2	0:29	2	0:29	0.40	8:17	20:42	2	1:09	2	1:09
Schwimmen □□□	0.40	8:17	20:42	2	1:09	2	1:09	0.40	8:17	20:42	2	1:09	2	1:09
Rad netto	10.00	23:18	2:19	2	3:45	2	3:45	10.40	31:35	3:02	2	4:54	2	4:54
Wechsel R -> L	-	0:50	-	2	0:02	2	0:02	10.40	32:25	3:07	2	4:56	2	4:56
Rad □□□	10.00	24:08	2:24	2	3:47	2	3:47	10.40	32:25	3:07	2	4:56	2	4:56
Lauf	2.50	17:21	6:56	4	5:22	4	5:22	12.90	49:46	3:51	3	10:18	3	10:18