



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Birnkraut, Bérénice

□□□: 51:27

□□: TV 1862 Langen

□□: 864

□□: 12.90 km

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

□□□□□/□□□: 18 (of 19)

□□□□□/□: 8 (of 9)

□□□□□□: 37:20

□□□□:

weibliche Jugend B (14+15 Jahre)

□□□□□: 8(of 9)

□□□□□□□: 37:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	8:05	20:12	7	2:17	7	2:17	0.40	8:05	20:12	7	2:17	7	2:17
Wechsel S -> R	-	1:59	-	8	0:56	8	0:56	0.40	10:04	25:09	8	3:13	8	3:13
Schwimmen □□□	0.40	10:04	25:09	8	3:13	8	3:13	0.40	10:04	25:09	8	3:13	8	3:13
Rad netto	10.00	23:02	2:18	8	5:24	8	5:24	10.40	33:06	3:10	8	8:37	8	8:37
Wechsel R -> L	-	0:58	-	4	0:08	4	0:08	10.40	34:04	3:16	8	8:45	8	8:45
Rad □□□	10.00	24:00	2:23	7	5:32	7	5:32	10.40	34:04	3:16	8	8:45	8	8:45
Lauf	2.50	17:23	6:57	8	5:22	8	5:22	12.90	51:27	3:59	8	14:07	8	14:07