



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Langer, Nele

□□□: 52:59

□□: Wald-Michelbach

□□: 853

□□: 12.90 km

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

□□□□□/□□□: 19 (of 19)

□□□□□/□: 9 (of 9)

□□□□□□: 37:20

□□□□:

weibliche Jugend B (14+15 Jahre)

□□□□□: 9(of 9)

□□□□□□□: 37:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	8:35	21:27	9	2:47	9	2:47	0.40	8:35	21:27	9	2:47	9	2:47
Wechsel S -> R	-	2:03	-	9	1:00	9	1:00	0.40	10:38	26:34	9	3:47	9	3:47
Schwimmen □□□	0.40	10:38	26:34	9	3:47	9	3:47	0.40	10:38	26:34	9	3:47	9	3:47
Rad netto	10.00	24:01	2:24	9	6:23	9	6:23	10.40	34:39	3:19	9	10:10	9	10:10
Wechsel R -> L	-	1:15	-	8	0:25	8	0:25	10.40	35:54	3:27	9	10:35	9	10:35
Rad □□□	10.00	25:16	2:31	9	6:48	9	6:48	10.40	35:54	3:27	9	10:35	9	10:35
Lauf	2.50	17:05	6:49	6	5:04	6	5:04	12.90	52:59	4:06	9	15:39	9	15:39