



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Mörstedt, Hannah

□□□: 53:00

□□: Lampertheim

□□: 867

□□: 12.90 km

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

□□□□□/□□□: 9 (of 12)

□□□□□/□: 4 (of 6)

□□□□□□: 39:28

□□□□:

weibliche Schüler A (12+13 Jahre)

□□□□□: 4(of 6)

□□□□□□□: 39:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	7:53	19:42	4	1:51	4	1:51	0.40	7:53	19:42	4	1:51	4	1:51
Wechsel S -> R	-	1:39	-	3	0:33	3	0:33	0.40	9:32	23:49	4	2:24	4	2:24
Schwimmen □□□	0.40	9:32	23:49	4	2:24	4	2:24	0.40	9:32	23:49	4	2:24	4	2:24
Rad netto	10.00	24:15	2:25	3	4:42	3	4:42	10.40	33:47	3:14	3	7:06	3	7:06
Wechsel R -> L	-	0:53	-	3	0:05	3	0:05	10.40	34:40	3:19	3	7:11	3	7:11
Rad □□□	10.00	25:08	2:30	3	4:47	3	4:47	10.40	34:40	3:19	3	7:11	3	7:11
Lauf	2.50	18:20	7:19	5	6:21	5	6:21	12.90	53:00	4:06	4	13:32	4	13:32