



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Chlebnitschek, Claudia

□□□: 1:08:09

□□: ADS

□□: 870

□□: 12.90 km

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

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□□□□□□: 39:28

□□□□:

weibliche Schüler A (12+13 Jahre)

□□□□□: 6(of 6)

□□□□□□□: 39:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	13:16	33:09	6	7:14	6	7:14	0.40	13:16	33:09	6	7:14	6	7:14
Wechsel S -> R	-	1:48	-	4	0:42	4	0:42	0.40	15:04	37:39	6	7:56	6	7:56
Schwimmen □□□	0.40	15:04	37:39	6	7:56	6	7:56	0.40	15:04	37:39	6	7:56	6	7:56
Rad netto	10.00	31:47	3:10	6	12:14	6	12:14	10.40	46:51	4:30	6	20:10	6	20:10
Wechsel R -> L	-	1:05	-	4	0:17	4	0:17	10.40	47:56	4:36	6	20:27	6	20:27
Rad □□□	10.00	32:52	3:17	6	12:31	6	12:31	10.40	47:56	4:36	6	20:27	6	20:27
Lauf	2.50	20:13	8:05	6	8:14	6	8:14	12.90	1:08:09	5:16	6	28:41	6	28:41