



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Sydow, Julia

□□□: 1:08:27

□□: SSC Karlsruhe

□□: 208

□□: 25.75 km

□□□□□/□□□: 13 (of 79)

Sprint Triathlon (750 m, 20 km, 5 km)

□□□□□/□: 2 (of 19)

□□□□□□: 1:05:52

□□□□:

□□□□□: 2(of 6)

AK20 weiblich (20-29 Jahre)

□□□□□□□: 1:05:52

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 13:24 | 17:52 | 3 | 3:10 | 5 | 3:10 | 0.75 | 13:24 | 17:52 | 3 | 3:10 | 5 | 3:10 |
| Wechsel S -> R | - | 1:14 | - | 4 | 0:19 | 6 | 0:19 | 0.75 | 14:38 | 19:30 | 3 | 3:29 | 5 | 3:29 |
| Schwimmen □□□ | 0.75 | 14:38 | 19:30 | 3 | 3:29 | 5 | 3:29 | 0.75 | 14:38 | 19:30 | 3 | 3:29 | 5 | 3:29 |
| Rad netto | 20.00 | 32:27 | 1:37 | 2 | 0:24 | 2 | 0:24 | 20.75 | 47:05 | 2:16 | 2 | 3:53 | 2 | 3:53 |
| Wechsel R -> L | - | 1:12 | - | 5 | 0:15 | 7 | 0:15 | 20.75 | 48:17 | 2:19 | 2 | 4:08 | 2 | 4:08 |
| Rad □□□ | 20.00 | 33:39 | 1:40 | 2 | 0:39 | 2 | 0:39 | 20.75 | 48:17 | 2:19 | 2 | 4:08 | 2 | 4:08 |
| Lauf | 5.00 | 20:10 | 4:01 | 1 | - | 1 | - | 25.75 | 1:08:27 | 2:39 | 2 | 2:35 | 2 | 2:35 |