



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Kästle, Nora

□□□: 1:10:10

□□: MTG Mannheim Triathlon

□□: 205

□□: 25.75 km

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

□□□□□/□□□: 18 (of 79)

□□□□□/□: 3 (of 19)

□□□□□□: 1:05:52

□□□□:

AK20 weiblich (20-29 Jahre)

□□□□□: 3(of 6)

□□□□□□□: 1:05:52

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 13:11 | 17:34 | 2 | 2:57 | 4 | 2:57 | 0.75 | 13:11 | 17:34 | 2 | 2:57 | 4 | 2:57 |
| Wechsel S -> R | - | 1:24 | - | 6 | 0:29 | 11 | 0:29 | 0.75 | 14:35 | 19:26 | 2 | 3:26 | 4 | 3:26 |
| Schwimmen □□□ | 0.75 | 14:35 | 19:26 | 2 | 3:26 | 4 | 3:26 | 0.75 | 14:35 | 19:26 | 2 | 3:26 | 4 | 3:26 |
| Rad netto | 20.00 | 33:05 | 1:39 | 3 | 1:02 | 3 | 1:02 | 20.75 | 47:40 | 2:17 | 3 | 4:28 | 3 | 4:28 |
| Wechsel R -> L | - | 1:02 | - | 3 | 0:05 | 3 | 0:05 | 20.75 | 48:42 | 2:20 | 3 | 4:33 | 3 | 4:33 |
| Rad □□□ | 20.00 | 34:07 | 1:42 | 3 | 1:07 | 3 | 1:07 | 20.75 | 48:42 | 2:20 | 3 | 4:33 | 3 | 4:33 |
| Lauf | 5.00 | 21:28 | 4:17 | 2 | 1:18 | 2 | 1:18 | 25.75 | 1:10:10 | 2:43 | 3 | 4:18 | 3 | 4:18 |