



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

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

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/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