



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Leisurs, Paula

□□□: 1:16:59

□□: Triathlon Team DSW Darmstadt

□□: 223

□□: 25.75 km

□□□□□/□□□: 36 (of 79)

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

□□□□□/□: 5 (of 19)

□□□□□□: 1:05:52

□□□□:

□□□□□: 1(of 1)

weibliche Jugend A (16-17 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	12:12	16:15	1	-	2	1:58	0.75	12:12	16:15	1	-	2	1:58
Wechsel S -> R	-	1:15	-	1	-	7	0:20	0.75	13:27	17:56	1	-	2	2:18
Schwimmen □□□	0.75	13:27	17:56	1	-	2	2:18	0.75	13:27	17:56	1	-	2	2:18
Rad netto	20.00	38:01	1:54	1	-	14	5:58	20.75	51:28	2:28	1	-	5	8:16
Wechsel R -> L	-	1:04	-	1	-	4	0:07	20.75	52:32	2:31	1	-	5	8:23
Rad □□□	20.00	39:05	1:57	1	-	12	6:05	20.75	52:32	2:31	1	-	5	8:23
Lauf	5.00	24:27	4:53	1	-	7	4:17	25.75	1:16:59	2:59	1	-	5	11:07