



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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**Beran, Katharina**

□□□: 1:18:14

□□: LSV Ladenburg

□□: 204

□□: 25.75 km

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

□□□□□/□□□: 39 (of 79)

□□□□□/□: 6 (of 19)

□□□□□□: 1:05:52

□□□□:

AK20 weiblich (20-29 Jahre)

□□□□□: 5(of 6)

□□□□□□□: 1:05:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:14	18:58	4	4:00	6	4:00	0.75	14:14	18:58	4	4:00	6	4:00
Wechsel S -> R	-	0:58	-	2	0:03	2	0:03	0.75	15:12	20:15	4	4:03	6	4:03
Schwimmen □□□	0.75	15:12	20:15	4	4:03	6	4:03	0.75	15:12	20:15	4	4:03	6	4:03
Rad netto	20.00	35:18	1:45	4	3:15	4	3:15	20.75	50:30	2:26	4	7:18	4	7:18
Wechsel R -> L	-	1:00	-	2	0:03	2	0:03	20.75	51:30	2:28	4	7:21	4	7:21
Rad □□□	20.00	36:18	1:48	4	3:18	4	3:18	20.75	51:30	2:28	4	7:21	4	7:21
Lauf	5.00	26:44	5:20	6	6:34	12	6:34	25.75	1:18:14	3:02	5	12:22	6	12:22