

Swim & Run Training --- 18.07.2020

Platz	Startnr.	Name	Gesamtzeit	Schwimmen	Wechsel	R. 1	R. 2	R. 3	R. 4	Laufen
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Swim & Run - 1,0 - 8,0

Männer

1.	3	Julian Lüttel	0:44:50	15:38 (2.)	00:24 (2.)	07:03	07:07	07:27	07:09	28:47 (3., Pace 3:35)
2.	6	Christian Krämer	0:45:03	16:11 (3.)	00:23 (1.)	07:16	07:16	07:09	06:45	28:28 (1., Pace 3:33)
3.	1	Uli Lüttel	0:45:57	15:05 (1.)	00:25 (3.)	07:32	07:31	07:39	07:42	30:26 (5., Pace 3:48)
4.	8	Adrian Schuler	0:50:16	20:43 (6.)	00:55 (8.)	07:36	07:14	07:05	06:42	28:38 (2., Pace 3:34)
5.	10	Dominik Beck	0:50:32	19:59 (4.)	00:40 (6.)	07:34	07:43	07:26	07:09	29:53 (4., Pace 3:44)
6.	9	Daniel Flöter	0:53:31	20:08 (5.)	00:39 (5.)	08:05	08:15	08:15	08:07	32:42 (7., Pace 4:05)
7.	13	Sebastian Bachor	0:54:15	22:06 (8.)	00:26 (4.)	07:55	08:10	07:52	07:44	31:42 (6., Pace 3:57)
8.	11	Sascha Schwedes	0:55:21	20:50 (7.)	00:46 (7.)	08:39	08:30	08:25	08:08	33:44 (8., Pace 4:13)

Frauen

1.	2	Pia Wolf	0:47:30	14:52 (1.)	00:24 (2.)	08:04	08:02	08:07	08:00	32:14 (1., Pace 4:01)
2.	4	Anne Neidhardt	0:50:29	14:54 (2.)	00:23 (1.)	09:02	08:52	08:50	08:25	35:11 (2., Pace 4:23)
3.	12	Ellen Rulf	1:07:35	24:59 (3.)	00:36 (3.)	10:33	10:27	10:27	10:30	41:59 (3., Pace 5:14)

Swim & Run Kurz - 0,5 - 4,0

Männer

1.	35	Max Hauptmann	0:27:03	10:54 (3.)	00:48 (7.)	07:36	07:43			15:20 (1., Pace 3:50)
2.	36	Dirk Debertin	0:27:54	11:50 (6.)	00:36 (4.)	07:58	07:29			15:27 (2., Pace 3:51)
3.	38	David Reichenbacher	0:28:10	09:53 (1.)	00:44 (6.)	08:37	08:53			17:31 (5., Pace 4:22)
4.	37	Christian Muck	0:28:30	10:35 (2.)	00:40 (5.)	08:29	08:46			17:15 (4., Pace 4:18)
5.	45	Edmund Weimar	0:29:41	12:56 (7.)	00:34 (3.)	08:13	07:56			16:10 (3., Pace 4:02)
6.	39	Andreas Eisenmann	0:29:43	11:04 (4.)	00:22 (1.)	09:08	09:07			18:15 (7., Pace 4:33)
7.	42	Hans Helwing	0:29:51	11:34 (5.)	00:30 (2.)	09:07	08:38			17:46 (6., Pace 4:26)
8.	44	Yannik Urban	0:42:27	14:08 (8.)	02:16 (8.)	12:50	13:12			26:02 (8., Pace 6:30)

Frauen

1.	41	Madeleine Schwedes	0:32:14	11:56 (1.)	00:42 (1.)	10:03	09:31			19:34 (1., Pace 4:53)
2.	40	Laura Lentzer	0:35:31	12:55 (2.)	00:43 (2.)	11:17	10:34			21:52 (2., Pace 5:28)
DNF	43	Patrizia Di Gregorio	DNF							

Swim & Run Kids - 0,05 - 1,0

Frauen

1.	134	Alisa Urban	0:11:27	01:54 (1.)	01:37 (1.)	07:56				07:56 (1., Pace 7:56)
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