



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

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Syrbe, Rene

□□□: 2:23:15

□□: LTV Erfurt / Team KS-Sportsworld

□□: 24

□□: 55.50 km

□□□□□/□□□: 7 (of 67)

Olympische Distanz 1,5-44-10.00

□□□□□/□: 7 (of 51)

□□□□□□: 2:12:20

□□□□:

□□□□□: 1(of 11)

TM 45-49, Senioren 2

□□□□□□□: 2:23:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	26:19	17:32	1	-	6	4:36	1.50	26:19	17:32	1	-	6	4:36	
Wechsel S -> R	0.05	0:52	17:19	3	0:03	10	0:19	1.55	27:11	17:32	1	-	6	4:48	
Schwimmen □□□	1.55	27:11	17:32	1	-	6	4:48	1.55	27:11	17:32	1	-	6	4:48	
Rad netto	44.00	1:14:09	1:41	1	-	10	5:05	45.55	1:41:20	2:13	1	-	8	7:27	
Wechsel R -> L	0.05	0:56	18:39	2	0:07	18	0:22	45.60	1:42:16	2:14	1	-	8	7:48	
Rad □□□	44.05	1:15:05	1:42	1	-	10	5:13	45.60	1:42:16	2:14	1	-	8	7:48	
Lauf	9.90	40:59	4:08	1	-	12	4:45	55.50	2:23:15	2:34	1	-	7	10:55	