



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Keller, Stephan

□□□: 1:20:42

□□: Ludwigshafener Schwimm Verein 07

□□: 38

□□: 25.75 km

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

□□□□□/□□□: 51 (of 79)

□□□□□/□: 44 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 8(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:49	21:05	7	2:22	38	4:54	0.75	15:49	21:05	7	2:22	38	4:54
Wechsel S -> R	-	1:57	-	9	0:48	47	1:07	0.75	17:46	23:41	7	3:09	39	5:53
Schwimmen □□□	0.75	17:46	23:41	7	3:09	39	5:53	0.75	17:46	23:41	7	3:09	39	5:53
Rad netto	20.00	35:28	1:46	7	2:03	43	7:39	20.75	53:14	2:33	6	4:50	37	13:24
Wechsel R -> L	-	1:28	-	6	0:14	40	0:45	20.75	54:42	2:38	7	4:46	38	14:02
Rad □□□	20.00	36:56	1:50	7	1:59	44	8:17	20.75	54:42	2:38	7	4:46	38	14:02
Lauf	5.00	26:00	5:12	7	3:03	45	7:42	25.75	1:20:42	3:08	8	6:53	44	21:44