



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Schmeckenbecher, Christopher

□□□: 1:23:18

□□: Plankstadt

□□: 29

□□: 25.75 km

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

□□□□□/□□□: 58 (of 79)

□□□□□/□: 47 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 14(of 16)

□□□□□□□: 1:03:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	18:55	25:13	16	7:51	57	8:00	0.75	18:55	25:13	16	7:51	57	8:00
Wechsel S -> R	-	1:37	-	12	0:41	41	0:47	0.75	20:32	27:22	16	8:32	56	8:39
Schwimmen □□□	0.75	20:32	27:22	16	8:32	56	8:39	0.75	20:32	27:22	16	8:32	56	8:39
Rad netto	20.00	36:53	1:50	13	7:09	48	9:04	20.75	57:25	2:46	15	13:54	53	17:35
Wechsel R -> L	-	1:21	-	11	0:27	35	0:38	20.75	58:46	2:49	15	14:20	52	18:06
Rad □□□	20.00	38:14	1:54	13	7:35	47	9:35	20.75	58:46	2:49	15	14:20	52	18:06
Lauf	5.00	24:32	4:54	15	5:37	42	6:14	25.75	1:23:18	3:14	14	19:48	47	24:20