



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Markovic, Anita

□□□: 1:22:03

□□: Hattersheim

□□: 207

□□: 25.75 km

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

□□□□□/□□□: 55 (of 79)

□□□□□/□: 9 (of 19)

□□□□□□: 1:05:52

□□□□:

AK30 weiblich (30-39 Jahre)

□□□□□: 1(of 5)

□□□□□□□: 1:22:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:10	17:33	1	-	3	2:56	0.75	13:10	17:33	1	-	3	2:56
Wechsel S -> R	-	1:12	-	1	-	5	0:17	0.75	14:22	19:09	1	-	3	3:13
Schwimmen □□□	0.75	14:22	19:09	1	-	3	3:13	0.75	14:22	19:09	1	-	3	3:13
Rad netto	20.00	37:47	1:53	3	1:29	13	5:44	20.75	52:09	2:30	1	-	6	8:57
Wechsel R -> L	-	1:28	-	4	0:13	15	0:31	20.75	53:37	2:35	1	-	6	9:28
Rad □□□	20.00	39:15	1:57	3	1:42	13	6:15	20.75	53:37	2:35	1	-	6	9:28
Lauf	5.00	28:26	5:41	3	2:27	14	8:16	25.75	1:22:03	3:11	1	-	9	16:11