



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Schiele, Ulla

□□□: 1:22:22

□□: LCO Edenkoben

□□: 206

□□: 25.75 km

□□□□□/□□□: 57 (of 79)

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

□□□□□/□: 11 (of 19)

□□□□□□: 1:05:52

□□□□:

□□□□□: 2(of 2)

AK50 weiblich (50-59 Jahre)

□□□□□□□: 1:20:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	16:17	21:42	2	0:37	14	6:03	0.75	16:17	21:42	2	0:37	14	6:03
Wechsel S -> R	-	1:23	-	1	-	10	0:28	0.75	17:40	23:33	2	0:36	13	6:31
Schwimmen □□□	0.75	17:40	23:33	2	0:36	13	6:31	0.75	17:40	23:33	2	0:36	13	6:31
Rad netto	20.00	37:33	1:52	2	0:03	12	5:30	20.75	55:13	2:39	2	0:39	13	12:01
Wechsel R -> L	-	1:21	-	2	0:14	13	0:24	20.75	56:34	2:43	2	0:53	13	12:25
Rad □□□	20.00	38:54	1:56	2	0:17	11	5:54	20.75	56:34	2:43	2	0:53	13	12:25
Lauf	5.00	25:48	5:09	2	0:44	9	5:38	25.75	1:22:22	3:11	2	1:37	11	16:30