



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Schramm, Stefan

□□□: 1:23:49

□□: Mannheim

□□: 57

□□: 25.75 km

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

□□□□□/□□□: 59 (of 79)

□□□□□/□: 48 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 16(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	16:49	22:25	15	5:53	43	5:54	0.75	16:49	22:25	15	5:53	43	5:54
Wechsel S -> R	-	1:42	-	16	0:42	44	0:52	0.75	18:31	24:41	14	6:34	41	6:38
Schwimmen □□□	0.75	18:31	24:41	14	6:34	41	6:38	0.75	18:31	24:41	14	6:34	41	6:38
Rad netto	20.00	34:50	1:44	13	4:05	32	7:01	20.75	53:21	2:34	13	10:15	39	13:31
Wechsel R -> L	-	1:36	-	16	0:37	46	0:53	20.75	54:57	2:38	13	10:52	40	14:17
Rad □□□	20.00	36:26	1:49	14	4:28	39	7:47	20.75	54:57	2:38	13	10:52	40	14:17
Lauf	5.00	28:52	5:46	17	8:59	54	10:34	25.75	1:23:49	3:15	16	19:51	48	24:51