



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Lohnert, Stefan

□□□: 1:26:42

□□: Heartracer Team

□□: 61

□□: 25.75 km

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

□□□□□/□□□: 66 (of 79)

□□□□□/□: 52 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 10(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	16:54	22:31	9	3:27	44	5:59	0.75	16:54	22:31	9	3:27	44	5:59
Wechsel S -> R	-	2:56	-	12	1:47	58	2:06	0.75	19:50	26:26	12	5:13	52	7:57
Schwimmen □□□	0.75	19:50	26:26	12	5:13	52	7:57	0.75	19:50	26:26	12	5:13	52	7:57
Rad netto	20.00	38:39	1:55	11	5:14	53	10:50	20.75	58:29	2:49	11	10:05	54	18:39
Wechsel R -> L	-	1:39	-	10	0:25	47	0:56	20.75	1:00:08	2:53	11	10:12	54	19:28
Rad □□□	20.00	40:18	2:00	11	5:21	53	11:39	20.75	1:00:08	2:53	11	10:12	54	19:28
Lauf	5.00	26:34	5:18	8	3:37	47	8:16	25.75	1:26:42	3:22	10	12:53	52	27:44