



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Karb, Karl Heinz

□□□: 1:27:04

□□: Poseidon Worms

□□: 60

□□: 25.75 km

□□□□□/□□□: 68 (of 79)

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

□□□□□/□: 54 (of 60)

□□□□□□: 58:58

□□□□:

□□□□□: 2(of 4)

AK60 männlich (60-69 Jahre)

□□□□□□□: 1:21:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	19:47	26:22	4	2:36	59	8:52	0.75	19:47	26:22	4	2:36	59	8:52
Wechsel S -> R	-	2:37	-	4	1:06	55	1:47	0.75	22:24	29:51	4	3:42	59	10:31
Schwimmen □□□	0.75	22:24	29:51	4	3:42	59	10:31	0.75	22:24	29:51	4	3:42	59	10:31
Rad netto	20.00	42:08	2:06	4	7:59	58	14:19	20.75	1:04:32	3:06	4	11:41	59	24:42
Wechsel R -> L	-	1:19	-	1	-	33	0:36	20.75	1:05:51	3:10	4	11:18	59	25:11
Rad □□□	20.00	43:27	2:10	3	7:36	57	14:48	20.75	1:05:51	3:10	4	11:18	59	25:11
Lauf	5.00	21:13	4:14	1	-	12	2:55	25.75	1:27:04	3:22	2	5:49	54	28:06