



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Richter, Hans-Joachim

□□□: 1:27:27

□□: Poseidon Worms

□□: 35

□□: 25.75 km

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

□□□□□/□□□: 70 (of 79)

□□□□□/□: 56 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 12(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	16:59	22:38	10	3:32	45	6:04	0.75	16:59	22:38	10	3:32	45	6:04
Wechsel S -> R	-	2:54	-	11	1:45	57	2:04	0.75	19:53	26:30	13	5:16	53	8:00
Schwimmen □□□	0.75	19:53	26:30	13	5:16	53	8:00	0.75	19:53	26:30	13	5:16	53	8:00
Rad netto	20.00	39:21	1:58	12	5:56	56	11:32	20.75	59:14	2:51	12	10:50	55	19:24
Wechsel R -> L	-	1:30	-	7	0:16	41	0:47	20.75	1:00:44	2:55	12	10:48	55	20:04
Rad □□□	20.00	40:51	2:02	12	5:54	54	12:12	20.75	1:00:44	2:55	12	10:48	55	20:04
Lauf	5.00	26:43	5:20	9	3:46	49	8:25	25.75	1:27:27	3:23	12	13:38	56	28:29