



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Frank, Dieter

□□□: 1:28:58

□□: TSG Maxdorf

□□: 23

□□: 25.75 km

□□□□□/□□□: 71 (of 79)

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

□□□□□/□: 57 (of 60)

□□□□□□: 58:58

□□□□:

□□□□□: 3(of 4)

AK60 männlich (60-69 Jahre)

□□□□□□□: 1:21:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	19:25	25:53	3	2:14	58	8:30	0.75	19:25	25:53	3	2:14	58	8:30
Wechsel S -> R	-	2:04	-	2	0:33	48	1:14	0.75	21:29	28:38	3	2:47	58	9:36
Schwimmen □□□	0.75	21:29	28:38	3	2:47	58	9:36	0.75	21:29	28:38	3	2:47	58	9:36
Rad netto	20.00	34:09	1:42	1	-	25	6:20	20.75	55:38	2:40	2	2:47	48	15:48
Wechsel R -> L	-	1:56	-	3	0:37	53	1:13	20.75	57:34	2:46	2	3:01	49	16:54
Rad □□□	20.00	36:05	1:48	2	0:14	31	7:26	20.75	57:34	2:46	2	3:01	49	16:54
Lauf	5.00	31:24	6:16	3	10:11	57	13:06	25.75	1:28:58	3:27	3	7:43	57	30:00