



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Green, Floriane

□□□: 1:30:13

□□: SV Nikar Heidelberg

□□: 220

□□: 25.75 km

□□□□□/□□□: 73 (of 79)

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

□□□□□/□: 16 (of 19)

□□□□□□: 1:05:52

□□□□:

□□□□□: 2(of 4)

AK40 weiblich (40-49 Jahre)

□□□□□□□: 1:29:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	20:35	27:26	4	4:56	19	10:21	0.75	20:35	27:26	4	4:56	19	10:21
Wechsel S -> R	-	2:44	-	3	0:45	18	1:49	0.75	23:19	31:05	4	4:45	19	12:10
Schwimmen □□□	0.75	23:19	31:05	4	4:45	19	12:10	0.75	23:19	31:05	4	4:45	19	12:10
Rad netto	20.00	41:57	2:05	3	5:17	17	9:54	20.75	1:05:16	3:08	4	10:02	19	22:04
Wechsel R -> L	-	1:13	-	1	-	8	0:16	20.75	1:06:29	3:12	4	8:28	19	22:20
Rad □□□	20.00	43:10	2:09	3	3:43	17	10:10	20.75	1:06:29	3:12	4	8:28	19	22:20
Lauf	5.00	23:44	4:44	1	-	6	3:34	25.75	1:30:13	3:30	2	1:13	16	24:21