



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Stöhr, Stephanie

□□□: 1:30:52

□□: Tri City Darmstadt

□□: 215

□□: 25.75 km

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

□□□□□/□□□: 74 (of 79)

□□□□□/□: 17 (of 19)

□□□□□□: 1:05:52

□□□□:

AK40 weiblich (40-49 Jahre)

□□□□□: 3(of 4)

□□□□□□□: 1:29:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:39	20:52	1	-	9	5:25	0.75	15:39	20:52	1	-	9	5:25
Wechsel S -> R	-	2:55	-	4	0:56	19	2:00	0.75	18:34	24:45	1	-	15	7:25
Schwimmen □□□	0.75	18:34	24:45	1	-	15	7:25	0.75	18:34	24:45	1	-	15	7:25
Rad netto	20.00	36:40	1:49	1	-	6	4:37	20.75	55:14	2:39	1	-	14	12:02
Wechsel R -> L	-	2:47	-	4	1:34	19	1:50	20.75	58:01	2:47	1	-	15	13:52
Rad □□□	20.00	39:27	1:58	1	-	14	6:27	20.75	58:01	2:47	1	-	15	13:52
Lauf	5.00	32:51	6:34	3	9:07	18	12:41	25.75	1:30:52	3:31	3	1:52	17	25:00