



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

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Glotzbach, Conrad

□□□: 1:39:13

□□: Darmstadt

□□: 70

□□: 25.75 km

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

□□□□□/□□□: 77 (of 79)

□□□□□/□: 58 (of 60)

□□□□□□: 58:58

□□□□:

AK60 männlich (60-69 Jahre)

□□□□□: 4(of 4)

□□□□□□□: 1:21:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	18:48	25:03	2	1:37	56	7:53	0.75	18:48	25:03	2	1:37	56	7:53
Wechsel S -> R	-	2:32	-	3	1:01	52	1:42	0.75	21:20	28:26	2	2:38	57	9:27
Schwimmen □□□	0.75	21:20	28:26	2	2:38	57	9:27	0.75	21:20	28:26	2	2:38	57	9:27
Rad netto	20.00	39:54	1:59	3	5:45	57	12:05	20.75	1:01:14	2:57	3	8:23	57	21:24
Wechsel R -> L	-	3:33	-	4	2:14	59	2:50	20.75	1:04:47	3:07	3	10:14	57	24:07
Rad □□□	20.00	43:27	2:10	4	7:36	58	14:48	20.75	1:04:47	3:07	3	10:14	57	24:07
Lauf	5.00	34:26	6:53	4	13:13	58	16:08	25.75	1:39:13	3:51	4	17:58	58	40:15