



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Alfred-Delp-Schule

□□□: 1:34:18

□□: Alfred-Delp-Schule

□□: 262

□□: 25.50 km

□□□□□/□□□: 15 (of 15)

Jedermann Staffeltriathlon (500 m, 20 km, 5 km)

□□□□□/□: 3 (of 3)

□□□□□□: 1:12:36

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□□□□□: 3(of 3)

Staffel Frauen

□□□□□□□: 1:12:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:58	21:56	3	2:39	3	2:39	0.50	10:58	21:56	3	2:39	3	2:39
Wechsel S -> R	-	0:55	-	3	0:10	3	0:10	0.50	11:53	23:45	3	2:49	3	2:49
Schwimmen □□□	0.50	11:53	23:45	3	2:49	3	2:49	0.50	11:53	23:45	3	2:49	3	2:49
Rad netto	20.00	46:55	2:20	3	10:40	3	10:40	20.50	58:48	2:52	3	12:10	3	12:10
Wechsel R -> L	-	0:56	-	2	0:04	2	0:04	20.50	59:44	2:54	3	12:14	3	12:14
Rad □□□	20.00	47:51	2:23	3	10:44	3	10:44	20.50	59:44	2:54	3	12:14	3	12:14
Lauf	5.00	34:34	6:54	3	9:28	3	9:28	25.50	1:34:18	3:41	3	21:42	3	21:42