



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Schipperges, Jannis

□□□: 1:02:39

□□: Auto PETERS Team - SV Nikar Heidelberg

□□: 33

□□: 25.75 km

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

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□□□□□/□: 2 (of 60)

□□□□□□: 58:58

□□□□:

AK20 männlich (20-29 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	10:55	14:33	1	-	1	-	0.75	10:55	14:33	1	-	1	-
Wechsel S -> R	-	0:58	-	2	0:08	3	0:08	0.75	11:53	15:50	1	-	1	-
Schwimmen □□□	0.75	11:53	15:50	1	-	1	-	0.75	11:53	15:50	1	-	1	-
Rad netto	20.00	28:11	1:24	2	0:22	2	0:22	20.75	40:04	1:55	2	0:14	2	0:14
Wechsel R -> L	-	1:01	-	2	0:11	11	0:18	20.75	41:05	1:58	2	0:25	2	0:25
Rad □□□	20.00	29:12	1:27	2	0:33	2	0:33	20.75	41:05	1:58	2	0:25	2	0:25
Lauf	5.00	21:34	4:18	4	3:16	18	3:16	25.75	1:02:39	2:25	2	3:41	2	3:41