



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Zimmer, Fabian

□□□: 1:03:30

□□: LSV Ladenburg

□□: 59

□□: 25.75 km

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

□□□□□/□□□: 3 (of 79)

□□□□□/□: 3 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 1(of 16)

□□□□□□□: 1:03:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	11:04	14:45	1	-	3	0:09	0.75	11:04	14:45	1	-	3	0:09
Wechsel S -> R	-	0:56	-	1	-	2	0:06	0.75	12:00	16:00	1	-	3	0:07
Schwimmen □□□	0.75	12:00	16:00	1	-	3	0:07	0.75	12:00	16:00	1	-	3	0:07
Rad netto	20.00	31:31	1:34	3	1:47	10	3:42	20.75	43:31	2:05	1	-	4	3:41
Wechsel R -> L	-	0:55	-	2	0:01	4	0:12	20.75	44:26	2:08	1	-	4	3:46
Rad □□□	20.00	32:26	1:37	3	1:47	8	3:47	20.75	44:26	2:08	1	-	4	3:46
Lauf	5.00	19:04	3:48	2	0:09	3	0:46	25.75	1:03:30	2:27	1	-	3	4:32