



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Weiskat, Tim

□□□: 1:03:58

□□: Soprema Team TSV Mannheim

□□: 3

□□: 25.75 km

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

□□□□□/□□□: 4 (of 79)

□□□□□/□: 4 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 1(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	10:56	14:34	1	-	2	0:01	0.75	10:56	14:34	1	-	2	0:01
Wechsel S -> R	-	1:01	-	2	0:01	5	0:11	0.75	11:57	15:55	1	-	2	0:04
Schwimmen □□□	0.75	11:57	15:55	1	-	2	0:04	0.75	11:57	15:55	1	-	2	0:04
Rad netto	20.00	31:09	1:33	2	0:24	5	3:20	20.75	43:06	2:04	1	-	3	3:16
Wechsel R -> L	-	0:59	-	1	-	9	0:16	20.75	44:05	2:07	1	-	3	3:25
Rad □□□	20.00	32:08	1:36	2	0:10	5	3:29	20.75	44:05	2:07	1	-	3	3:25
Lauf	5.00	19:53	3:58	1	-	5	1:35	25.75	1:03:58	2:29	1	-	4	5:00