



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Hoffmann, Mark

□□□: 1:07:09

□□: MTG Mannheim Triathlon

□□: 43

□□: 25.75 km

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

□□□□□/□□□: 8 (of 79)

□□□□□/□: 7 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 2(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	12:57	17:15	5	2:01	9	2:02	0.75	12:57	17:15	5	2:01	9	2:02
Wechsel S -> R	-	1:07	-	5	0:07	12	0:17	0.75	14:04	18:45	5	2:07	9	2:11
Schwimmen □□□	0.75	14:04	18:45	5	2:07	9	2:11	0.75	14:04	18:45	5	2:07	9	2:11
Rad netto	20.00	31:30	1:34	5	0:45	9	3:41	20.75	45:34	2:11	3	2:28	8	5:44
Wechsel R -> L	-	1:05	-	5	0:06	16	0:22	20.75	46:39	2:14	3	2:34	9	5:59
Rad □□□	20.00	32:35	1:37	5	0:37	10	3:56	20.75	46:39	2:14	3	2:34	9	5:59
Lauf	5.00	20:30	4:05	2	0:37	6	2:12	25.75	1:07:09	2:36	2	3:11	7	8:11