



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Schmiedel, Christian

□□□: 1:07:06

□□: MTG Mannheim Triathlon

□□: 67

□□: 25.75 km

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

□□□□□/□□□: 7 (of 79)

□□□□□/□: 6 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 3(of 16)

□□□□□□□: 1:03:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 13:05 | 17:26 | 3 | 2:01 | 11 | 2:10 | 0.75 | 13:05 | 17:26 | 3 | 2:01 | 11 | 2:10 |
| Wechsel S -> R | - | 1:07 | - | 3 | 0:11 | 12 | 0:17 | 0.75 | 14:12 | 18:56 | 3 | 2:12 | 10 | 2:19 |
| Schwimmen □□□ | 0.75 | 14:12 | 18:56 | 3 | 2:12 | 10 | 2:19 | 0.75 | 14:12 | 18:56 | 3 | 2:12 | 10 | 2:19 |
| Rad netto | 20.00 | 31:17 | 1:33 | 2 | 1:33 | 6 | 3:28 | 20.75 | 45:29 | 2:11 | 3 | 1:58 | 7 | 5:39 |
| Wechsel R -> L | - | 0:55 | - | 2 | 0:01 | 4 | 0:12 | 20.75 | 46:24 | 2:14 | 3 | 1:58 | 7 | 5:44 |
| Rad □□□ | 20.00 | 32:12 | 1:36 | 2 | 1:33 | 6 | 3:33 | 20.75 | 46:24 | 2:14 | 3 | 1:58 | 7 | 5:44 |
| Lauf | 5.00 | 20:42 | 4:08 | 4 | 1:47 | 7 | 2:24 | 25.75 | 1:07:06 | 2:36 | 3 | 3:36 | 6 | 8:08 |