



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Rüdenauer, Stefan

□□□: 1:08:33

□□: Weinheim

□□: 20

□□: 25.75 km

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

□□□□□/□□□: 14 (of 79)

□□□□□/□: 12 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 5(of 16)

□□□□□□□: 1:03:30

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 13:50 | 18:26 | 5 | 2:46 | 19 | 2:55 | 0.75 | 13:50 | 18:26 | 5 | 2:46 | 19 | 2:55 |
| Wechsel S -> R | - | 1:34 | - | 11 | 0:38 | 40 | 0:44 | 0.75 | 15:24 | 20:32 | 6 | 3:24 | 22 | 3:31 |
| Schwimmen □□□ | 0.75 | 15:24 | 20:32 | 6 | 3:24 | 22 | 3:31 | 0.75 | 15:24 | 20:32 | 6 | 3:24 | 22 | 3:31 |
| Rad netto | 20.00 | 33:11 | 1:39 | 9 | 3:27 | 19 | 5:22 | 20.75 | 48:35 | 2:20 | 8 | 5:04 | 20 | 8:45 |
| Wechsel R -> L | - | 1:03 | - | 7 | 0:09 | 13 | 0:20 | 20.75 | 49:38 | 2:23 | 6 | 5:12 | 17 | 8:58 |
| Rad □□□ | 20.00 | 34:14 | 1:42 | 7 | 3:35 | 17 | 5:35 | 20.75 | 49:38 | 2:23 | 6 | 5:12 | 17 | 8:58 |
| Lauf | 5.00 | 18:55 | 3:47 | 1 | - | 2 | 0:37 | 25.75 | 1:08:33 | 2:39 | 5 | 5:03 | 12 | 9:35 |