



# 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