



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Stöhr, Christoph

□□□: 1:08:40

□□: Tri City Darmstadt

□□: 47

□□: 25.75 km

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

□□□□□/□□□: 15 (of 79)

□□□□□/□: 13 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 6(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:21	19:07	10	3:25	25	3:26	0.75	14:21	19:07	10	3:25	25	3:26	
Wechsel S -> R	-	1:31	-	15	0:31	37	0:41	0.75	15:52	21:09	10	3:55	26	3:59	
Schwimmen □□□	0.75	15:52	21:09	10	3:55	26	3:59	0.75	15:52	21:09	10	3:55	26	3:59	
Rad netto	20.00	30:45	1:32	1	-	4	2:56	20.75	46:37	2:14	6	3:31	12	6:47	
Wechsel R -> L	-	1:13	-	9	0:14	21	0:30	20.75	47:50	2:18	6	3:45	12	7:10	
Rad □□□	20.00	31:58	1:35	1	-	4	3:19	20.75	47:50	2:18	6	3:45	12	7:10	
Lauf	5.00	20:50	4:09	3	0:57	8	2:32	25.75	1:08:40	2:40	6	4:42	13	9:42	