



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Resch, Uwe

□□□: 1:11:39

□□: TSV Amicitia Viernheim

□□: 44

□□: 25.75 km

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

□□□□□/□□□: 21 (of 79)

□□□□□/□: 18 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 9(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:55	19:53	11	3:59	30	4:00	0.75	14:55	19:53	11	3:59	30	4:00
Wechsel S -> R	-	1:00	-	1	-	4	0:10	0.75	15:55	21:13	11	3:58	27	4:02
Schwimmen □□□	0.75	15:55	21:13	11	3:58	27	4:02	0.75	15:55	21:13	11	3:58	27	4:02
Rad netto	20.00	32:58	1:38	8	2:13	17	5:09	20.75	48:53	2:21	11	5:47	23	9:03
Wechsel R -> L	-	1:14	-	10	0:15	23	0:31	20.75	50:07	2:24	10	6:02	22	9:27
Rad □□□	20.00	34:12	1:42	8	2:14	16	5:33	20.75	50:07	2:24	10	6:02	22	9:27
Lauf	5.00	21:32	4:18	6	1:39	17	3:14	25.75	1:11:39	2:46	9	7:41	18	12:41