



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Fischer, Simon

□□□: 1:11:47

□□: TV Hatzenbühl Triathlon

□□: 16

□□: 25.75 km

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

□□□□□/□□□: 22 (of 79)

□□□□□/□: 19 (of 60)

□□□□□□: 58:58

□□□□:

AK20 männlich (20-29 Jahre)

□□□□□: 3(of 6)

□□□□□□□: 58:58

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 13:38 | 18:10 | 3 | 2:43 | 18 | 2:43 | 0.75 | 13:38 | 18:10 | 3 | 2:43 | 18 | 2:43 |
| Wechsel S -> R | - | 1:06 | - | 4 | 0:16 | 11 | 0:16 | 0.75 | 14:44 | 19:38 | 3 | 2:51 | 17 | 2:51 |
| Schwimmen □□□ | 0.75 | 14:44 | 19:38 | 3 | 2:51 | 17 | 2:51 | 0.75 | 14:44 | 19:38 | 3 | 2:51 | 17 | 2:51 |
| Rad netto | 20.00 | 34:37 | 1:43 | 4 | 6:48 | 31 | 6:48 | 20.75 | 49:21 | 2:22 | 3 | 9:31 | 24 | 9:31 |
| Wechsel R -> L | - | 1:22 | - | 5 | 0:32 | 37 | 0:39 | 20.75 | 50:43 | 2:26 | 3 | 10:03 | 25 | 10:03 |
| Rad □□□ | 20.00 | 35:59 | 1:47 | 3 | 7:20 | 29 | 7:20 | 20.75 | 50:43 | 2:26 | 3 | 10:03 | 25 | 10:03 |
| Lauf | 5.00 | 21:04 | 4:12 | 2 | 2:46 | 10 | 2:46 | 25.75 | 1:11:47 | 2:47 | 3 | 12:49 | 19 | 12:49 |