



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