



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Schmitt, Oliver

□□□: 1:11:53

□□: Team Auto Peters - SV Nikar Heidelberg

□□: 56

□□: 25.75 km

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

□□□□□/□□□: 23 (of 79)

□□□□□/□: 20 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 8(of 16)

□□□□□□□: 1:03:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:54	18:32	6	2:50	20	2:59	0.75	13:54	18:32	6	2:50	20	2:59
Wechsel S -> R	-	1:32	-	10	0:36	39	0:42	0.75	15:26	20:34	7	3:26	23	3:33
Schwimmen □□□	0.75	15:26	20:34	7	3:26	23	3:33	0.75	15:26	20:34	7	3:26	23	3:33
Rad netto	20.00	33:05	1:39	8	3:21	18	5:16	20.75	48:31	2:20	7	5:00	19	8:41
Wechsel R -> L	-	1:30	-	13	0:36	41	0:47	20.75	50:01	2:24	8	5:35	20	9:21
Rad □□□	20.00	34:35	1:43	8	3:56	18	5:56	20.75	50:01	2:24	8	5:35	20	9:21
Lauf	5.00	21:52	4:22	8	2:57	23	3:34	25.75	1:11:53	2:47	8	8:23	20	12:55