



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Sindermann, Philipp

□□□: 1:12:54

□□: TSV Amicitia Viernheim

□□: 40

□□: 25.75 km

□□□□□/□□□: 25 (of 79)

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

□□□□□/□: 22 (of 60)

□□□□□□: 58:58

□□□□:

□□□□□: 9(of 16)

AK30 männlich (30-39 Jahre)

□□□□□□□: 1:03:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:56	18:34	7	2:52	21	3:01	0.75	13:56	18:34	7	2:52	21	3:01
Wechsel S -> R	-	1:27	-	8	0:31	31	0:37	0.75	15:23	20:30	5	3:23	21	3:30
Schwimmen □□□	0.75	15:23	20:30	5	3:23	21	3:30	0.75	15:23	20:30	5	3:23	21	3:30
Rad netto	20.00	32:16	1:36	6	2:32	14	4:27	20.75	47:39	2:17	5	4:08	15	7:49
Wechsel R -> L	-	2:22	-	16	1:28	57	1:39	20.75	50:01	2:24	8	5:35	20	9:21
Rad □□□	20.00	34:38	1:43	9	3:59	19	5:59	20.75	50:01	2:24	8	5:35	20	9:21
Lauf	5.00	22:53	4:34	10	3:58	27	4:35	25.75	1:12:54	2:49	9	9:24	22	13:56