



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Kissel Dr., Norbert

□□□: 1:13:49

□□: TVDÄ

□□: 17

□□: 25.75 km

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

□□□□□/□□□: 28 (of 79)

□□□□□/□: 25 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 1(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:34	18:05	2	0:07	17	2:39	0.75	13:34	18:05	2	0:07	17	2:39
Wechsel S -> R	-	1:25	-	5	0:16	30	0:35	0.75	14:59	19:58	2	0:22	18	3:06
Schwimmen □□□	0.75	14:59	19:58	2	0:22	18	3:06	0.75	14:59	19:58	2	0:22	18	3:06
Rad netto	20.00	33:25	1:40	1	-	20	5:36	20.75	48:24	2:19	1	-	18	8:34
Wechsel R -> L	-	1:32	-	9	0:18	44	0:49	20.75	49:56	2:24	1	-	19	9:16
Rad □□□	20.00	34:57	1:44	1	-	22	6:18	20.75	49:56	2:24	1	-	19	9:16
Lauf	5.00	23:53	4:46	3	0:56	35	5:35	25.75	1:13:49	2:52	1	-	25	14:51