



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Wiedemann, Ruben

□□□: 1:12:42

□□: RV 03 Bürstadt Triathlon

□□: 151

□□: 25.75 km

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

□□□□□/□□□: 24 (of 79)

□□□□□/□: 21 (of 60)

□□□□□□: 58:58

□□□□:

männliche Jugend A (16-17 Jahre)

□□□□□: 1(of 2)

□□□□□□□: 1:12:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:01	18:41	2	0:30	23	3:06	0.75	14:01	18:41	2	0:30	60	3:06
Wechsel S -> R	-	1:12	-	2	0:11	21	0:22	0.75	15:13	20:17	2	0:41	60	3:20
Schwimmen □□□	0.75	15:13	20:17	2	0:41	60	3:20	0.75	15:13	20:17	2	0:41	60	3:20
Rad netto	20.00	35:26	1:46	2	0:36	42	7:37	20.75	50:39	2:26	2	1:17	60	10:49
Wechsel R -> L	-	0:43	-	1	-	1	-	20.75	51:22	2:28	2	1:05	60	10:42
Rad □□□	20.00	36:09	1:48	2	0:24	33	7:30	20.75	51:22	2:28	2	1:05	60	10:42
Lauf	5.00	21:20	4:15	1	-	13	3:02	25.75	1:12:42	2:49	1	-	21	13:44