



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Walter, Christoph

□□□: 1:13:51

□□: DieHard-Triathlon

□□: 68

□□: 25.75 km

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

□□□□□/□□□: 29 (of 79)

□□□□□/□: 26 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 10(of 16)

□□□□□□□: 1:03:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	16:29	21:58	13	5:25	41	5:34	0.75	16:29	21:58	13	5:25	41	5:34
Wechsel S -> R	-	1:07	-	3	0:11	12	0:17	0.75	17:36	23:28	13	5:36	38	5:43
Schwimmen □□□	0.75	17:36	23:28	13	5:36	38	5:43	0.75	17:36	23:28	13	5:36	38	5:43
Rad netto	20.00	32:50	1:38	7	3:06	16	5:01	20.75	50:26	2:25	11	6:55	28	10:36
Wechsel R -> L	-	1:02	-	6	0:08	12	0:19	20.75	51:28	2:28	10	7:02	28	10:48
Rad □□□	20.00	33:52	1:41	6	3:13	15	5:13	20.75	51:28	2:28	10	7:02	28	10:48
Lauf	5.00	22:23	4:28	9	3:28	24	4:05	25.75	1:13:51	2:52	10	10:21	26	14:53