



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Ross, Simon

□□□: 1:14:21

□□: Bensheim

□□: 66

□□: 25.75 km

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

□□□□□/□□□: 30 (of 79)

□□□□□/□: 27 (of 60)

□□□□□□: 58:58

□□□□:

AK20 männlich (20-29 Jahre)

□□□□□: 4(of 6)

□□□□□□□: 58:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:09	20:11	5	4:14	36	4:14	0.75	15:09	20:11	5	4:14	36	4:14
Wechsel S -> R	-	1:50	-	5	1:00	45	1:00	0.75	16:59	22:38	5	5:06	36	5:06
Schwimmen □□□	0.75	16:59	22:38	5	5:06	36	5:06	0.75	16:59	22:38	5	5:06	36	5:06
Rad netto	20.00	34:20	1:43	3	6:31	30	6:31	20.75	51:19	2:28	4	11:29	30	11:29
Wechsel R -> L	-	1:42	-	6	0:52	49	0:59	20.75	53:01	2:33	4	12:21	31	12:21
Rad □□□	20.00	36:02	1:48	4	7:23	30	7:23	20.75	53:01	2:33	4	12:21	31	12:21
Lauf	5.00	21:20	4:15	3	3:02	13	3:02	25.75	1:14:21	2:53	4	15:23	27	15:23