



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Wenzel, Arno

□□□: 1:17:11

□□: DZ BANK runners

□□: 69

□□: 25.75 km

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

□□□□□/□□□: 37 (of 79)

□□□□□/□: 32 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 12(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:30	23:19	17	6:34	50	6:35	0.75	17:30	23:19	17	6:34	50	6:35
Wechsel S -> R	-	1:27	-	13	0:27	31	0:37	0.75	18:57	25:15	15	7:00	44	7:04
Schwimmen □□□	0.75	18:57	25:15	15	7:00	44	7:04	0.75	18:57	25:15	15	7:00	44	7:04
Rad netto	20.00	35:08	1:45	14	4:23	36	7:19	20.75	54:05	2:36	15	10:59	42	14:15
Wechsel R -> L	-	1:32	-	15	0:33	44	0:49	20.75	55:37	2:40	15	11:32	43	14:57
Rad □□□	20.00	36:40	1:49	15	4:42	40	8:01	20.75	55:37	2:40	15	11:32	43	14:57
Lauf	5.00	21:34	4:18	7	1:41	18	3:16	25.75	1:17:11	2:59	12	13:13	32	18:13