



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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geiger, thomas

000: 1:17:47

00: haßloch

00: 45

00: 25.75 km

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

00000/000: 38 (of 79)

00000/0: 33 (of 60)

000000: 58:58

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AK50 männlich (50-59 Jahre)

00000: 3(of 14)

0000000: 1:13:49

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.75	15:05	20:06	5	1:38	35	4:10	0.75	15:05	20:06	5	1:38	35	4:10
Wechsel S -> R	-	1:24	-	4	0:15	28	0:34	0.75	16:29	21:58	4	1:52	33	4:36
Schwimmen 000	0.75	16:29	21:58	4	1:52	33	4:36	0.75	16:29	21:58	4	1:52	33	4:36
Rad netto	20.00	35:11	1:45	5	1:46	38	7:22	20.75	51:40	2:29	4	3:16	32	11:50
Wechsel R -> L	-	1:30	-	7	0:16	41	0:47	20.75	53:10	2:33	4	3:14	32	12:30
Rad 000	20.00	36:41	1:50	5	1:44	41	8:02	20.75	53:10	2:33	4	3:14	32	12:30
Lauf	5.00	24:37	4:55	6	1:40	43	6:19	25.75	1:17:47	3:01	3	3:58	33	18:49