



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Athletes for Charity

□□□: 1:05:42

□□: Athletes for Charity

□□: 256

□□: 25.50 km

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Jedermann Staffeltriathlon (500 m, 20 km, 5 km)

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□□□□□□: 1:00:43

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□□□□□: 4(of 12)

Staffel Männer

□□□□□□□: 1:00:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:52	17:44	4	0:49	4	0:49	0.50	8:52	17:44	4	0:49	4	0:49
Wechsel S -> R	-	0:44	-	4	0:06	4	0:06	0.50	9:36	19:11	4	0:54	4	0:54
Schwimmen □□□	0.50	9:36	19:11	4	0:54	4	0:54	0.50	9:36	19:11	4	0:54	4	0:54
Rad netto	20.00	33:16	1:39	4	3:14	4	3:14	20.50	42:52	2:05	4	2:55	4	2:55
Wechsel R -> L	-	0:46	-	3	0:01	3	0:01	20.50	43:38	2:07	4	2:56	4	2:56
Rad □□□	20.00	34:02	1:42	4	3:15	4	3:15	20.50	43:38	2:07	4	2:56	4	2:56
Lauf	5.00	22:04	4:24	7	3:00	7	3:00	25.50	1:05:42	2:34	4	4:59	4	4:59