



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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**Fey, Michael**

□□□: 1:18:38

□□: SV TriCity Darmstadt

□□: 18

□□: 25.75 km

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

□□□□□/□□□: 40 (of 79)

□□□□□/□: 34 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 4(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:43	23:37	12	4:16	53	6:48	0.75	17:43	23:37	12	4:16	53	6:48
Wechsel S -> R	-	1:29	-	6	0:20	35	0:39	0.75	19:12	25:35	9	4:35	47	7:19
Schwimmen □□□	0.75	19:12	25:35	9	4:35	47	7:19	0.75	19:12	25:35	9	4:35	47	7:19
Rad netto	20.00	34:05	1:42	2	0:40	24	6:16	20.75	53:17	2:34	7	4:53	38	13:27
Wechsel R -> L	-	1:14	-	1	-	23	0:31	20.75	54:31	2:37	6	4:35	36	13:51
Rad □□□	20.00	35:19	1:45	2	0:22	24	6:40	20.75	54:31	2:37	6	4:35	36	13:51
Lauf	5.00	24:07	4:49	5	1:10	39	5:49	25.75	1:18:38	3:03	4	4:49	34	19:40