



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Rocker, Frank

□□□: 1:19:00

□□: Frankfurt

□□: 63

□□: 25.75 km

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

□□□□□/□□□: 43 (of 79)

□□□□□/□: 36 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 14(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	16:20	21:46	13	5:24	40	5:25	0.75	16:20	21:46	13	5:24	40	5:25
Wechsel S -> R	-	2:46	-	18	1:46	56	1:56	0.75	19:06	25:28	16	7:09	45	7:13
Schwimmen □□□	0.75	19:06	25:28	16	7:09	45	7:13	0.75	19:06	25:28	16	7:09	45	7:13
Rad netto	20.00	34:17	1:42	12	3:32	28	6:28	20.75	53:23	2:34	14	10:17	40	13:33
Wechsel R -> L	-	1:58	-	17	0:59	54	1:15	20.75	55:21	2:40	14	11:16	41	14:41
Rad □□□	20.00	36:15	1:48	12	4:17	35	7:36	20.75	55:21	2:40	14	11:16	41	14:41
Lauf	5.00	23:39	4:43	12	3:46	34	5:21	25.75	1:19:00	3:04	14	15:02	36	20:02