



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Rosemann, Michael

□□□: 1:19:17

□□: Triathlon Team DSW Darmstadt

□□: 6

□□: 25.75 km

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

□□□□□/□□□: 45 (of 79)

□□□□□/□: 38 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 5(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:52	23:49	13	4:25	54	6:57	0.75	17:52	23:49	13	4:25	54	6:57
Wechsel S -> R	-	1:29	-	6	0:20	35	0:39	0.75	19:21	25:48	10	4:44	48	7:28
Schwimmen □□□	0.75	19:21	25:48	10	4:44	48	7:28	0.75	19:21	25:48	10	4:44	48	7:28
Rad netto	20.00	35:17	1:45	6	1:52	40	7:28	20.75	54:38	2:37	8	6:14	45	14:48
Wechsel R -> L	-	1:42	-	11	0:28	49	0:59	20.75	56:20	2:42	8	6:24	46	15:40
Rad □□□	20.00	36:59	1:50	8	2:02	45	8:20	20.75	56:20	2:42	8	6:24	46	15:40
Lauf	5.00	22:57	4:35	1	-	28	4:39	25.75	1:19:17	3:04	5	5:28	38	20:19