



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Meierhoff, Frank

□□□: 1:19:56

□□: TSV Amicitia Viernheim

□□: 14

□□: 25.75 km

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

□□□□□/□□□: 48 (of 79)

□□□□□/□: 41 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 7(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:27	17:56	1	-	15	2:32	0.75	13:27	17:56	1	-	15	2:32
Wechsel S -> R	-	1:10	-	2	0:01	18	0:20	0.75	14:37	19:29	1	-	15	2:44
Schwimmen □□□	0.75	14:37	19:29	1	-	15	2:44	0.75	14:37	19:29	1	-	15	2:44
Rad netto	20.00	34:50	1:44	3	1:25	32	7:01	20.75	49:27	2:22	2	1:03	26	9:37
Wechsel R -> L	-	1:16	-	2	0:02	26	0:33	20.75	50:43	2:26	2	0:47	25	10:03
Rad □□□	20.00	36:06	1:48	3	1:09	32	7:27	20.75	50:43	2:26	2	0:47	25	10:03
Lauf	5.00	29:13	5:50	12	6:16	56	10:55	25.75	1:19:56	3:06	7	6:07	41	20:58