



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Höing, Susanne

□□□: 1:22:16

□□: Tri Finish Münster

□□: 212

□□: 25.75 km

□□□□□/□□□: 56 (of 79)

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

□□□□□/□: 10 (of 19)

□□□□□□: 1:05:52

□□□□:

□□□□□: 2(of 5)

AK30 weiblich (30-39 Jahre)

□□□□□□□: 1:22:03

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:48	21:03	3	2:38	11	5:34	0.75	15:48	21:03	3	2:38	11	5:34
Wechsel S -> R	-	1:50	-	4	0:38	14	0:55	0.75	17:38	23:30	3	3:16	12	6:29
Schwimmen □□□	0.75	17:38	23:30	3	3:16	12	6:29	0.75	17:38	23:30	3	3:16	12	6:29
Rad netto	20.00	37:02	1:51	2	0:44	9	4:59	20.75	54:40	2:38	3	2:31	12	11:28
Wechsel R -> L	-	1:37	-	5	0:22	16	0:40	20.75	56:17	2:42	3	2:40	12	12:08
Rad □□□	20.00	38:39	1:55	2	1:06	10	5:39	20.75	56:17	2:42	3	2:40	12	12:08
Lauf	5.00	25:59	5:11	1	-	11	5:49	25.75	1:22:16	3:11	2	0:13	10	16:24