



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Brancoveanu, Eugene

□□□: 1:24:29

□□: F8 Lotus Triathlon

□□: 53

□□: 25.75 km

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

□□□□□/□□□: 62 (of 79)

□□□□□/□: 49 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 15(of 16)

□□□□□□□: 1:03:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 17:30 | 23:19 | 15 | 6:26 | 50 | 6:35 | 0.75 | 17:30 | 23:19 | 15 | 6:26 | 50 | 6:35 |
| Wechsel S -> R | - | 2:06 | - | 15 | 1:10 | 49 | 1:16 | 0.75 | 19:36 | 26:08 | 14 | 7:36 | 50 | 7:43 |
| Schwimmen □□□ | 0.75 | 19:36 | 26:08 | 14 | 7:36 | 50 | 7:43 | 0.75 | 19:36 | 26:08 | 14 | 7:36 | 50 | 7:43 |
| Rad netto | 20.00 | 35:17 | 1:45 | 12 | 5:33 | 40 | 7:28 | 20.75 | 54:53 | 2:38 | 13 | 11:22 | 46 | 15:03 |
| Wechsel R -> L | - | 0:57 | - | 5 | 0:03 | 8 | 0:14 | 20.75 | 55:50 | 2:41 | 13 | 11:24 | 45 | 15:10 |
| Rad □□□ | 20.00 | 36:14 | 1:48 | 12 | 5:35 | 34 | 7:35 | 20.75 | 55:50 | 2:41 | 13 | 11:24 | 45 | 15:10 |
| Lauf | 5.00 | 28:39 | 5:43 | 16 | 9:44 | 52 | 10:21 | 25.75 | 1:24:29 | 3:16 | 15 | 20:59 | 49 | 25:31 |