



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	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
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