



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Beilmann, Christian

□□□: 1:25:22

□□: ESV Ludwigshafen

□□: 46

□□: 25.75 km

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

□□□□□/□□□: 63 (of 79)

□□□□□/□: 50 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 16(of 16)

□□□□□□□: 1:03:30

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:23	23:10	14	6:19	49	6:28	0.75	17:23	23:10	14	6:19	49	6:28
Wechsel S -> R	-	2:32	-	16	1:36	52	1:42	0.75	19:55	26:33	15	7:55	54	8:02
Schwimmen □□□	0.75	19:55	26:33	15	7:55	54	8:02	0.75	19:55	26:33	15	7:55	54	8:02
Rad netto	20.00	39:19	1:57	15	9:35	54	11:30	20.75	59:14	2:51	16	15:43	55	19:24
Wechsel R -> L	-	2:15	-	15	1:21	55	1:32	20.75	1:01:29	2:57	16	17:03	56	20:49
Rad □□□	20.00	41:34	2:04	16	10:55	56	12:55	20.75	1:01:29	2:57	16	17:03	56	20:49
Lauf	5.00	23:53	4:46	13	4:58	35	5:35	25.75	1:25:22	3:18	16	21:52	50	26:24