



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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**Brancoveanu, Radu**

□□□: 1:26:38

□□: F8 Lotus Triathlon

□□: 52

□□: 25.75 km

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

□□□□□/□□□: 65 (of 79)

□□□□□/□: 51 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 17(of 18)

□□□□□□□: 1:03:58

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.75     | 17:22    | 23:09        | 16      | 6:26    | 48      | 6:27    | 0.75  | 17:22   | 23:09 | 16      | 6:26    | 48      | 6:27    |
| Wechsel S -> R | -        | 2:36     | -            | 17      | 1:36    | 54      | 1:46    | 0.75  | 19:58   | 26:37 | 18      | 8:01    | 55      | 8:05    |
| Schwimmen □□□  | 0.75     | 19:58    | 26:37        | 18      | 8:01    | 55      | 8:05    | 0.75  | 19:58   | 26:37 | 18      | 8:01    | 55      | 8:05    |
| Rad netto      | 20.00    | 37:08    | 1:51         | 17      | 6:23    | 49      | 9:19    | 20.75 | 57:06   | 2:45  | 18      | 14:00   | 52      | 17:16   |
| Wechsel R -> L | -        | 2:17     | -            | 18      | 1:18    | 56      | 1:34    | 20.75 | 59:23   | 2:51  | 18      | 15:18   | 53      | 18:43   |
| Rad □□□        | 20.00    | 39:25    | 1:58         | 17      | 7:27    | 50      | 10:46   | 20.75 | 59:23   | 2:51  | 18      | 15:18   | 53      | 18:43   |
| Lauf           | 5.00     | 27:15    | 5:27         | 16      | 7:22    | 50      | 8:57    | 25.75 | 1:26:38 | 3:21  | 17      | 22:40   | 51      | 27:40   |