



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Isiksal, Burak

□□□: 1:26:45

□□: TSV Amicitia Viernheim

□□: 19

□□: 25.75 km

□□□□□/□□□: 67 (of 79)

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

□□□□□/□: 53 (of 60)

□□□□□□: 58:58

□□□□:

□□□□□: 18(of 18)

AK40 männlich (40-49 Jahre)

□□□□□□□: 1:03:58

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	16:39	22:11	14	5:43	42	5:44	0.75	16:39	22:11	14	5:43	42	5:44
Wechsel S -> R	-	1:12	-	8	0:12	21	0:22	0.75	17:51	23:48	13	5:54	40	5:58
Schwimmen □□□	0.75	17:51	23:48	13	5:54	40	5:58	0.75	17:51	23:48	13	5:54	40	5:58
Rad netto	20.00	38:29	1:55	18	7:44	52	10:40	20.75	56:20	2:42	17	13:14	50	16:30
Wechsel R -> L	-	1:16	-	11	0:17	26	0:33	20.75	57:36	2:46	17	13:31	50	16:56
Rad □□□	20.00	39:45	1:59	18	7:47	52	11:06	20.75	57:36	2:46	17	13:31	50	16:56
Lauf	5.00	29:09	5:49	18	9:16	55	10:51	25.75	1:26:45	3:22	18	22:47	53	27:47