



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Herbold, Michael

□□□: 1:27:06

□□: TV Lampertheim Triathlon

□□: 58

□□: 25.75 km

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

□□□□□/□□□: 69 (of 79)

□□□□□/□: 55 (of 60)

□□□□□□: 58:58

□□□□:

AK50 männlich (50-59 Jahre)

□□□□□: 11(of 14)

□□□□□□□: 1:13:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:39	23:31	11	4:12	52	6:44	0.75	17:39	23:31	11	4:12	52	6:44
Wechsel S -> R	-	2:09	-	10	1:00	51	1:19	0.75	19:48	26:24	11	5:11	51	7:55
Schwimmen □□□	0.75	19:48	26:24	11	5:11	51	7:55	0.75	19:48	26:24	11	5:11	51	7:55
Rad netto	20.00	36:39	1:49	9	3:14	46	8:50	20.75	56:27	2:43	10	8:03	51	16:37
Wechsel R -> L	-	1:51	-	12	0:37	52	1:08	20.75	58:18	2:48	10	8:22	51	17:38
Rad □□□	20.00	38:30	1:55	9	3:33	48	9:51	20.75	58:18	2:48	10	8:22	51	17:38
Lauf	5.00	28:48	5:45	11	5:51	53	10:30	25.75	1:27:06	3:22	11	13:17	55	28:08