



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Neptun's Nixen

□□□: 1:14:59

□□: Neptun's Nixen

□□: 257

□□: 25.50 km

□□□□□/□□□: 8 (of 15)

Jedermann Staffeltriathlon (500 m, 20 km, 5 km)

□□□□□/□: 2 (of 3)

□□□□□□: 1:12:36

□□□□:

□□□□□: 2(of 3)

Staffel Frauen

□□□□□□□: 1:12:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:19	16:37	1	-	1	-	0.50	8:19	16:37	1	-	1	-
Wechsel S -> R	-	0:45	-	1	-	1	-	0.50	9:04	18:07	1	-	1	-
Schwimmen □□□	0.50	9:04	18:07	1	-	1	-	0.50	9:04	18:07	1	-	1	-
Rad netto	20.00	38:25	1:55	2	2:10	2	2:10	20.50	47:29	2:18	2	0:51	2	0:51
Wechsel R -> L	-	0:56	-	2	0:04	2	0:04	20.50	48:25	2:21	2	0:55	2	0:55
Rad □□□	20.00	39:21	1:58	2	2:14	2	2:14	20.50	48:25	2:21	2	0:55	2	0:55
Lauf	5.00	26:34	5:18	2	1:28	2	1:28	25.50	1:14:59	2:56	2	2:23	2	2:23