



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Erkelenz, Eva

□□□: 1:29:00

□□: LSV07

□□: 210

□□: 25.75 km

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

□□□□□/□□□: 72 (of 79)

□□□□□/□: 15 (of 19)

□□□□□□: 1:05:52

□□□□:

AK40 weiblich (40-49 Jahre)

□□□□□: 1(of 4)

□□□□□□□: 1:29:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	19:07	25:29	3	3:28	18	8:53	0.75	19:07	25:29	3	3:28	18	8:53
Wechsel S -> R	-	1:59	-	1	-	15	1:04	0.75	21:06	28:08	2	2:32	17	9:57
Schwimmen □□□	0.75	21:06	28:08	2	2:32	17	9:57	0.75	21:06	28:08	2	2:32	17	9:57
Rad netto	20.00	40:15	2:00	2	3:35	16	8:12	20.75	1:01:21	2:57	2	6:07	16	18:09
Wechsel R -> L	-	1:48	-	2	0:35	17	0:51	20.75	1:03:09	3:02	2	5:08	17	19:00
Rad □□□	20.00	42:03	2:06	2	2:36	16	9:03	20.75	1:03:09	3:02	2	5:08	17	19:00
Lauf	5.00	25:51	5:10	2	2:07	10	5:41	25.75	1:29:00	3:27	1	-	15	23:08