



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Burning Legs

000: 1:23:54

00: Burning Legs

00: 254

00: 25.50 km

00000/000: 12 (of 15)

Jedermann Staffeltiathlon (500 m, 20 km, 5 km) 00000/0: 10 (of 12)

000000: 1:00:43

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00000: 10(of 12)

Staffel Männer

0000000: 1:00:43

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	11:45	23:30	9	3:42	9	3:42	0.50	11:45	23:30	9	3:42	9	3:42
Wechsel S -> R	-	0:57	-	10	0:19	10	0:19	0.50	12:42	25:23	9	4:00	9	4:00
Schwimmen 000	0.50	12:42	25:23	9	4:00	9	4:00	0.50	12:42	25:23	9	4:00	9	4:00
Rad netto	20.00	42:38	2:07	10	12:36	10	12:36	20.50	55:20	2:41	9	15:23	9	15:23
Wechsel R -> L	-	1:06	-	12	0:21	12	0:21	20.50	56:26	2:45	9	15:44	9	15:44
Rad 000	20.00	43:44	2:11	10	12:57	10	12:57	20.50	56:26	2:45	9	15:44	9	15:44
Lauf	5.00	27:28	5:29	10	8:24	10	8:24	25.50	1:23:54	3:17	10	23:11	10	23:11