



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Farrenkopf, Nina

□□□: 1:39:11

□□: Köln

□□: 217

□□: 25.75 km

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

□□□□□/□□□: 76 (of 79)

□□□□□/□: 19 (of 19)

□□□□□□: 1:05:52

□□□□:

AK40 weiblich (40-49 Jahre)

□□□□□: 4(of 4)

□□□□□□□: 1:29:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	18:48	25:03	2	3:09	17	8:34	0.75	18:48	25:03	2	3:09	17	8:34
Wechsel S -> R	-	2:31	-	2	0:32	16	1:36	0.75	21:19	28:25	3	2:45	18	10:10
Schwimmen □□□	0.75	21:19	28:25	3	2:45	18	10:10	0.75	21:19	28:25	3	2:45	18	10:10
Rad netto	20.00	43:08	2:09	4	6:28	19	11:05	20.75	1:04:27	3:06	3	9:13	18	21:15
Wechsel R -> L	-	1:52	-	3	0:39	18	0:55	20.75	1:06:19	3:11	3	8:18	18	22:10
Rad □□□	20.00	45:00	2:15	4	5:33	19	12:00	20.75	1:06:19	3:11	3	8:18	18	22:10
Lauf	5.00	32:52	6:34	4	9:08	19	12:42	25.75	1:39:11	3:51	4	10:11	19	33:19