



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Steckmeier, Markus

□□□: 1:43:59

□□: RSC Ludwigshafen e.V.

□□: 13

□□: 25.75 km

□□□□□/□□□: 78 (of 79)

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

□□□□□/□: 59 (of 60)

□□□□□□: 58:58

□□□□:

□□□□□: 13(of 14)

AK50 männlich (50-59 Jahre)

□□□□□□□: 1:13:49

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:20	20:26	6	1:53	37	4:25	0.75	15:20	20:26	6	1:53	37	4:25
Wechsel S -> R	-	3:28	-	13	2:19	59	2:38	0.75	18:48	25:03	8	4:11	43	6:55
Schwimmen □□□	0.75	18:48	25:03	8	4:11	43	6:55	0.75	18:48	25:03	8	4:11	43	6:55
Rad netto	20.00	44:25	2:13	13	11:00	59	16:36	20.75	1:03:13	3:02	13	14:49	58	23:23
Wechsel R -> L	-	2:31	-	13	1:17	58	1:48	20.75	1:05:44	3:10	13	15:48	58	25:04
Rad □□□	20.00	46:56	2:20	13	11:59	59	18:17	20.75	1:05:44	3:10	13	15:48	58	25:04
Lauf	5.00	38:15	7:39	13	15:18	59	19:57	25.75	1:43:59	4:02	13	30:10	59	45:01