



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Berger, Stephen

□□□: 1:08:26

□□: TriCity Darmstadt

□□: 2

□□: 25.75 km

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

□□□□□/□□□: 12 (of 79)

□□□□□/□: 11 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 5(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:12	17:35	7	2:16	13	2:17	0.75	13:12	17:35	7	2:16	13	2:17
Wechsel S -> R	-	1:05	-	3	0:05	9	0:15	0.75	14:17	19:02	6	2:20	11	2:24
Schwimmen □□□	0.75	14:17	19:02	6	2:20	11	2:24	0.75	14:17	19:02	6	2:20	11	2:24
Rad netto	20.00	31:18	1:33	3	0:33	7	3:29	20.75	45:35	2:11	4	2:29	9	5:45
Wechsel R -> L	-	1:08	-	7	0:09	18	0:25	20.75	46:43	2:15	5	2:38	11	6:03
Rad □□□	20.00	32:26	1:37	3	0:28	7	3:47	20.75	46:43	2:15	5	2:38	11	6:03
Lauf	5.00	21:43	4:20	8	1:50	20	3:25	25.75	1:08:26	2:39	5	4:28	11	9:28