



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Kowalik, Stanislaw

□□□: 1:09:29

□□: WTT

□□: 42

□□: 25.75 km

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

□□□□□/□□□: 16 (of 79)

□□□□□/□: 14 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 7(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	12:05	16:06	2	1:09	5	1:10	0.75	12:05	16:06	2	1:09	5	1:10
Wechsel S -> R	-	1:09	-	7	0:09	16	0:19	0.75	13:14	17:38	2	1:17	5	1:21
Schwimmen □□□	0.75	13:14	17:38	2	1:17	5	1:21	0.75	13:14	17:38	2	1:17	5	1:21
Rad netto	20.00	34:01	1:42	10	3:16	23	6:12	20.75	47:15	2:16	8	4:09	14	7:25
Wechsel R -> L	-	1:11	-	8	0:12	20	0:28	20.75	48:26	2:20	8	4:21	14	7:46
Rad □□□	20.00	35:12	1:45	10	3:14	23	6:33	20.75	48:26	2:20	8	4:21	14	7:46
Lauf	5.00	21:03	4:12	4	1:10	9	2:45	25.75	1:09:29	2:41	7	5:31	14	10:31