



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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**Grandt, Markus**

□□□: 1:09:50

□□: Team PIRATE

□□: 11

□□: 25.75 km

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

□□□□□/□□□: 17 (of 79)

□□□□□/□: 15 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 8(of 18)

□□□□□□□: 1:03:58

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75     | 13:56    | 18:34        | 9       | 3:00    | 21      | 3:01    | 0.75  | 13:56     | 18:34         | 9       | 3:00    | 21      | 3:01    |
| Wechsel S -> R | -        | 1:05     | -            | 3       | 0:05    | 9       | 0:15    | 0.75  | 15:01     | 20:01         | 9       | 3:04    | 19      | 3:08    |
| Schwimmen □□□  | 0.75     | 15:01    | 20:01        | 9       | 3:04    | 19      | 3:08    | 0.75  | 15:01     | 20:01         | 9       | 3:04    | 19      | 3:08    |
| Rad netto      | 20.00    | 31:55    | 1:35         | 6       | 1:10    | 12      | 4:06    | 20.75 | 46:56     | 2:15          | 7       | 3:50    | 13      | 7:06    |
| Wechsel R -> L | -        | 1:05     | -            | 5       | 0:06    | 16      | 0:22    | 20.75 | 48:01     | 2:18          | 7       | 3:56    | 13      | 7:21    |
| Rad □□□        | 20.00    | 33:00    | 1:38         | 6       | 1:02    | 12      | 4:21    | 20.75 | 48:01     | 2:18          | 7       | 3:56    | 13      | 7:21    |
| Lauf           | 5.00     | 21:49    | 4:21         | 9       | 1:56    | 22      | 3:31    | 25.75 | 1:09:50   | 2:42          | 8       | 5:52    | 15      | 10:52   |