



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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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