



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Müller, Manuel

□□□: 1:10:40

□□: Team Erdinger Alkoholfrei

□□: 37

□□: 25.75 km

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

□□□□□/□□□: 19 (of 79)

□□□□□/□: 16 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 6(of 16)

□□□□□□□: 1:03:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 14:15 | 19:00 | 8 | 3:11 | 24 | 3:20 | 0.75 | 14:15 | 19:00 | 8 | 3:11 | 24 | 3:20 |
| Wechsel S -> R | - | 1:27 | - | 8 | 0:31 | 31 | 0:37 | 0.75 | 15:42 | 20:56 | 8 | 3:42 | 24 | 3:49 |
| Schwimmen □□□ | 0.75 | 15:42 | 20:56 | 8 | 3:42 | 24 | 3:49 | 0.75 | 15:42 | 20:56 | 8 | 3:42 | 24 | 3:49 |
| Rad netto | 20.00 | 32:11 | 1:36 | 5 | 2:27 | 13 | 4:22 | 20.75 | 47:53 | 2:18 | 6 | 4:22 | 16 | 8:03 |
| Wechsel R -> L | - | 1:17 | - | 10 | 0:23 | 30 | 0:34 | 20.75 | 49:10 | 2:22 | 5 | 4:44 | 15 | 8:30 |
| Rad □□□ | 20.00 | 33:28 | 1:40 | 5 | 2:49 | 14 | 4:49 | 20.75 | 49:10 | 2:22 | 5 | 4:44 | 15 | 8:30 |
| Lauf | 5.00 | 21:30 | 4:17 | 5 | 2:35 | 15 | 3:12 | 25.75 | 1:10:40 | 2:44 | 6 | 7:10 | 16 | 11:42 |