



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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**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

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□□□	□□ 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