



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Lehmer, Patrick

□□□: 1:11:20

□□: TV Lampertheim Triathlon

□□: 65

□□: 25.75 km

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

□□□□□/□□□: 20 (of 79)

□□□□□/□: 17 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 7(of 16)

□□□□□□□: 1:03:30

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:07	17:29	4	2:03	12	2:12	0.75	13:07	17:29	4	2:03	12	2:12
Wechsel S -> R	-	1:15	-	7	0:19	23	0:25	0.75	14:22	19:09	4	2:22	12	2:29
Schwimmen □□□	0.75	14:22	19:09	4	2:22	12	2:29	0.75	14:22	19:09	4	2:22	12	2:29
Rad netto	20.00	34:19	1:42	11	4:35	29	6:30	20.75	48:41	2:20	9	5:10	21	8:51
Wechsel R -> L	-	1:08	-	8	0:14	18	0:25	20.75	49:49	2:24	7	5:23	18	9:09
Rad □□□	20.00	35:27	1:46	11	4:48	25	6:48	20.75	49:49	2:24	7	5:23	18	9:09
Lauf	5.00	21:31	4:18	6	2:36	16	3:13	25.75	1:11:20	2:46	7	7:50	17	12:22