



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Hefft, Alexander

□□□: 1:13:24

□□: SV Nikar Heidelberg

□□: 55

□□: 25.75 km

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

□□□□□/□□□: 26 (of 79)

□□□□□/□: 23 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 10(of 18)

□□□□□□□: 1:03:58

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□□□□

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 13:01 | 17:21 | 6 | 2:05 | 10 | 2:06 | 0.75 | 13:01 | 17:21 | 6 | 2:05 | 10 | 2:06 |
| Wechsel S -> R | - | 1:28 | - | 14 | 0:28 | 34 | 0:38 | 0.75 | 14:29 | 19:18 | 7 | 2:32 | 13 | 2:36 |
| Schwimmen □□□ | 0.75 | 14:29 | 19:18 | 7 | 2:32 | 13 | 2:36 | 0.75 | 14:29 | 19:18 | 7 | 2:32 | 13 | 2:36 |
| Rad netto | 20.00 | 33:37 | 1:40 | 9 | 2:52 | 21 | 5:48 | 20.75 | 48:06 | 2:19 | 9 | 5:00 | 17 | 8:16 |
| Wechsel R -> L | - | 1:18 | - | 13 | 0:19 | 32 | 0:35 | 20.75 | 49:24 | 2:22 | 9 | 5:19 | 16 | 8:44 |
| Rad □□□ | 20.00 | 34:55 | 1:44 | 9 | 2:57 | 20 | 6:16 | 20.75 | 49:24 | 2:22 | 9 | 5:19 | 16 | 8:44 |
| Lauf | 5.00 | 24:00 | 4:47 | 13 | 4:07 | 37 | 5:42 | 25.75 | 1:13:24 | 2:51 | 10 | 9:26 | 23 | 14:26 |