



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Grössl, Ingo

□□□: 1:14:36

□□: Triathlon Team DSW Darmstadt

□□: 4

□□: 25.75 km

□□□□□/□□□: 31 (of 79)

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

□□□□□/□: 28 (of 60)

□□□□□□: 58:58

□□□□:

□□□□□: 11(of 18)

AK40 männlich (40-49 Jahre)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:24	17:52	8	2:28	14	2:29	0.75	13:24	17:52	8	2:28	14	2:29
Wechsel S -> R	-	1:16	-	10	0:16	25	0:26	0.75	14:40	19:33	8	2:43	16	2:47
Schwimmen □□□	0.75	14:40	19:33	8	2:43	16	2:47	0.75	14:40	19:33	8	2:43	16	2:47
Rad netto	20.00	34:10	1:42	11	3:25	27	6:21	20.75	48:50	2:21	10	5:44	22	9:00
Wechsel R -> L	-	1:21	-	14	0:22	35	0:38	20.75	50:11	2:25	11	6:06	23	9:31
Rad □□□	20.00	35:31	1:46	11	3:33	26	6:52	20.75	50:11	2:25	11	6:06	23	9:31
Lauf	5.00	24:25	4:53	14	4:32	41	6:07	25.75	1:14:36	2:53	11	10:38	28	15:38