



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Bärwalde, Luis

□□□: 1:13:43

□□: VFS Rödermark

□□: 153

□□: 25.75 km

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

□□□□□/□□□: 27 (of 79)

□□□□□/□: 24 (of 60)

□□□□□□: 58:58

□□□□:

männliche Jugend A (16-17 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 1:12:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:31	18:01	1	-	16	2:36	0.75	13:31	18:01	1	-	60	2:36
Wechsel S -> R	-	1:01	-	1	-	5	0:11	0.75	14:32	19:22	1	-	60	2:39
Schwimmen □□□	0.75	14:32	19:22	1	-	60	2:39	0.75	14:32	19:22	1	-	60	2:39
Rad netto	20.00	34:50	1:44	1	-	32	7:01	20.75	49:22	2:22	1	-	60	9:32
Wechsel R -> L	-	0:55	-	2	0:12	4	0:12	20.75	50:17	2:25	1	-	60	9:37
Rad □□□	20.00	35:45	1:47	1	-	27	7:06	20.75	50:17	2:25	1	-	60	9:37
Lauf	5.00	23:26	4:41	2	2:06	33	5:08	25.75	1:13:43	2:51	2	1:01	24	14:45