



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Athletes for Charity

□□□: 1:05:42

□□: Athletes for Charity

□□: 256

□□: 25.50 km

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Jedermann Staffeltriathlon (500 m, 20 km, 5 km)

□□□□□/□: 4 (of 12)

□□□□□□: 1:00:43

□□□□:

□□□□□: 4(of 12)

Staffel Männer

□□□□□□□: 1:00:43

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 8:52 | 17:44 | 4 | 0:49 | 4 | 0:49 | 0.50 | 8:52 | 17:44 | 4 | 0:49 | 4 | 0:49 |
| Wechsel S -> R | - | 0:44 | - | 4 | 0:06 | 4 | 0:06 | 0.50 | 9:36 | 19:11 | 4 | 0:54 | 4 | 0:54 |
| Schwimmen □□□ | 0.50 | 9:36 | 19:11 | 4 | 0:54 | 4 | 0:54 | 0.50 | 9:36 | 19:11 | 4 | 0:54 | 4 | 0:54 |
| Rad netto | 20.00 | 33:16 | 1:39 | 4 | 3:14 | 4 | 3:14 | 20.50 | 42:52 | 2:05 | 4 | 2:55 | 4 | 2:55 |
| Wechsel R -> L | - | 0:46 | - | 3 | 0:01 | 3 | 0:01 | 20.50 | 43:38 | 2:07 | 4 | 2:56 | 4 | 2:56 |
| Rad □□□ | 20.00 | 34:02 | 1:42 | 4 | 3:15 | 4 | 3:15 | 20.50 | 43:38 | 2:07 | 4 | 2:56 | 4 | 2:56 |
| Lauf | 5.00 | 22:04 | 4:24 | 7 | 3:00 | 7 | 3:00 | 25.50 | 1:05:42 | 2:34 | 4 | 4:59 | 4 | 4:59 |