



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Dr. Boeke, Christian

□□□: 1:18:40

□□: Ski Club Heidelberg

□□: 8

□□: 25.75 km

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

□□□□□/□□□: 42 (of 79)

□□□□□/□: 35 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 13(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:57	23:56	18	7:01	55	7:02	0.75	17:57	23:56	18	7:01	55	7:02
Wechsel S -> R	-	1:24	-	12	0:24	28	0:34	0.75	19:21	25:48	17	7:24	48	7:28
Schwimmen □□□	0.75	19:21	25:48	17	7:24	48	7:28	0.75	19:21	25:48	17	7:24	48	7:28
Rad netto	20.00	35:16	1:45	15	4:31	39	7:27	20.75	54:37	2:37	16	11:31	44	14:47
Wechsel R -> L	-	1:04	-	4	0:05	15	0:21	20.75	55:41	2:41	16	11:36	44	15:01
Rad □□□	20.00	36:20	1:49	13	4:22	37	7:41	20.75	55:41	2:41	16	11:36	44	15:01
Lauf	5.00	22:59	4:35	11	3:06	29	4:41	25.75	1:18:40	3:03	13	14:42	35	19:42