



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

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Luzhbin, Andrey

□□□: 1:19:11

□□: Lampertheim

□□: 30

□□: 25.75 km

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

□□□□□/□□□: 44 (of 79)

□□□□□/□: 37 (of 60)

□□□□□□: 58:58

□□□□:

AK30 männlich (30-39 Jahre)

□□□□□: 12(of 16)

□□□□□□□: 1:03:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 15:00 | 20:00 | 12 | 3:56 | 33 | 4:05 | 0.75 | 15:00 | 20:00 | 12 | 3:56 | 33 | 4:05 |
| Wechsel S -> R | - | 1:11 | - | 6 | 0:15 | 20 | 0:21 | 0.75 | 16:11 | 21:34 | 10 | 4:11 | 30 | 4:18 |
| Schwimmen □□□ | 0.75 | 16:11 | 21:34 | 10 | 4:11 | 30 | 4:18 | 0.75 | 16:11 | 21:34 | 10 | 4:11 | 30 | 4:18 |
| Rad netto | 20.00 | 37:15 | 1:51 | 14 | 7:31 | 50 | 9:26 | 20.75 | 53:26 | 2:34 | 12 | 9:55 | 41 | 13:36 |
| Wechsel R -> L | - | 1:24 | - | 12 | 0:30 | 38 | 0:41 | 20.75 | 54:50 | 2:38 | 12 | 10:24 | 39 | 14:10 |
| Rad □□□ | 20.00 | 38:39 | 1:55 | 14 | 8:00 | 49 | 10:00 | 20.75 | 54:50 | 2:38 | 12 | 10:24 | 39 | 14:10 |
| Lauf | 5.00 | 24:21 | 4:52 | 14 | 5:26 | 40 | 6:03 | 25.75 | 1:19:11 | 3:04 | 12 | 15:41 | 37 | 20:13 |