



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

□□□□

Bergmann, André

□□□: 1:19:32

□□: TSV Amicitia Viernheim

□□: 49

□□: 25.75 km

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

□□□□□/□□□: 46 (of 79)

□□□□□/□: 39 (of 60)

□□□□□□: 58:58

□□□□:

AK40 männlich (40-49 Jahre)

□□□□□: 15(of 18)

□□□□□□□: 1:03:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:59	19:58	12	4:03	32	4:04	0.75	14:59	19:58	12	4:03	32	4:04
Wechsel S -> R	-	1:22	-	11	0:22	27	0:32	0.75	16:21	21:48	12	4:24	31	4:28
Schwimmen □□□	0.75	16:21	21:48	12	4:24	31	4:28	0.75	16:21	21:48	12	4:24	31	4:28
Rad netto	20.00	35:35	1:46	16	4:50	45	7:46	20.75	51:56	2:30	12	8:50	33	12:06
Wechsel R -> L	-	1:17	-	12	0:18	30	0:34	20.75	53:13	2:33	12	9:08	33	12:33
Rad □□□	20.00	36:52	1:50	16	4:54	43	8:13	20.75	53:13	2:33	12	9:08	33	12:33
Lauf	5.00	26:19	5:15	15	6:26	46	8:01	25.75	1:19:32	3:05	15	15:34	39	20:34