



Erkner Triathlon
Erkner / 10.09.2017

0000

TOENSE, Mike

000: 3:08:43

00: Berlin

00: 303

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 195 (of 233)

00000/0: 157 (of 179)

000000: 2:04:10

0000:

AK2 / TM 25

00000: 15(of 16)

0000000: 2:15:07

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	34:45	23:10	13	10:15	126	14:09	1.50	34:45	23:10	13	10:15	126	14:09
Wechsel S -> R	0.26	4:35	17:37	13	2:58	142	3:10	1.76	39:20	22:20	14	11:57	133	16:31
Schwimmen 000	1.76	39:20	22:20	14	11:57	133	16:31	1.76	39:20	22:20	14	11:57	133	16:31
Rad netto	40.00	1:31:19	2:16	16	28:42	166	30:06	41.76	2:10:39	3:07	15	39:53	164	44:02
Wechsel R -> L	0.13	2:02	15:38	13	1:15	132	1:19	41.89	2:12:41	3:10	15	41:08	164	45:21
Radfahren 000	40.13	1:33:21	2:19	16	29:57	166	31:25	41.89	2:12:41	3:10	15	41:08	164	45:21
Lauf	10.00	56:02	5:36	14	17:09	142	19:30	51.89	3:08:43	3:38	15	53:36	157	1:04:33