



Erkner Triathlon
Erkner / 10.09.2017

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FRANKE, Robert

000: 3:13:18

00: Berlin

00: 444

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 202 (of 233)

00000/0: 163 (of 179)

000000: 2:04:10

0000:

00000: 37(of 39)

SEN2 / TM 45

0000000: 2:19:54

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	40:57	27:18	36	18:22	165	20:21	1.50	40:57	27:18	36	18:22	165	20:21
Wechsel S -> R	0.26	3:36	13:50	26	1:41	116	2:11	1.76	44:33	25:18	37	19:05	164	21:44
Schwimmen 000	1.76	44:33	25:18	37	19:05	164	21:44	1.76	44:33	25:18	37	19:05	164	21:44
Rad netto	40.00	1:19:27	1:59	33	16:06	138	18:14	41.76	2:04:00	2:58	35	33:01	152	37:23
Wechsel R -> L	0.13	2:44	21:01	36	1:50	162	2:01	41.89	2:06:44	3:01	36	34:36	156	39:24
Radfahren 000	40.13	1:22:11	2:02	34	17:41	146	20:15	41.89	2:06:44	3:01	36	34:36	156	39:24
Lauf	10.00	1:06:34	6:39	37	25:02	165	30:02	51.89	3:13:18	3:43	37	53:24	163	1:09:08