



Erkner Triathlon  
Erkner / 10.09.2017

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UHTHOFF, Thomas

000: 4:49:55

00: Neuenhagen

00: 96

00: 116.79 km

Mittel Distanz (1,9/93/21 km)

00000/000: 26 (of 154)

00000/0: 26 (of 137)

000000: 4:12:50

0000:

00000: 7(of 21)

AK4 / TM 35

0000000: 4:14:22

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.90	33:04	17:24	15	6:52	62	10:25	1.90	33:04	17:24	15	6:52	62	10:25
Wechsel S -> R	0.26	3:26	13:12	15	2:03	76	2:06	2.16	36:30	16:53	14	8:55	64	12:31
Schwimmen 000	2.16	36:30	16:53	14	8:55	64	12:31	2.16	36:30	16:53	14	8:55	64	12:31
Rad netto	93.00	2:36:21	1:40	4	16:48	21	41:46	95.16	3:12:51	2:01	7	22:03	27	45:35
Wechsel R -> L	0.13	1:10	8:58	3	0:19	13	0:29	95.29	3:14:01	2:02	7	21:46	25	21:46
Radfahren 000	93.13	2:37:31	1:41	5	16:31	20	16:31	95.29	3:14:01	2:02	7	21:46	25	21:46
Lauf	21.50	1:35:54	4:27	12	16:26	35	17:44	116.79	4:49:55	2:28	7	35:33	26	37:05