



Erkner Triathlon
Erkner / 10.09.2017

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NABU

000: 4:46:56

00: NABU

00: 207

00: 116.79 km

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

00000/000: 2 (of 5)

00000/000: 2 (of 5)

000000: 4:33:01

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00000: 2(of 5)

Staffel

0000000: 4:33:01

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	1.90	36:14	19:04	3	6:26	3	6:26	1.90	36:14	19:04	3	6:26	3	6:26
Wechsel S -> R	0.26	1:47	6:51	4	0:35	4	0:35	2.16	38:01	17:36	4	7:01	4	7:01
Schwimmen 000	2.16	38:01	17:36	4	7:01	4	7:01	2.16	38:01	17:36	4	7:01	4	7:01
Rad netto	93.00	2:38:25	1:42	3	11:28	3	11:28	95.16	3:16:26	2:03	3	11:35	3	11:35
Wechsel R -> L	0.13	0:46	5:53	1	-	1	-	95.29	3:17:12	2:04	3	11:30	3	11:30
Radfahren 000	93.13	2:39:11	1:42	2	11:23	2	11:23	95.29	3:17:12	2:04	3	11:30	3	11:30
Lauf	21.50	1:29:44	4:10	2	2:25	2	2:25	116.79	4:46:56	2:27	2	13:55	2	13:55