



Erkner Triathlon
Erkner / 10.09.2017

0000

SINGER, Oleg

000: 4:56:02

00: Berlin

00: 129

00: 116.79 km

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

00000/000: 36 (of 154)

00000/0: 36 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 7(of 25)

0000000: 4:28:31

0000

0000

000

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	33:10	17:27	10	5:41	64	10:31	1.90	33:10	17:27	10	5:41	64	10:31
Wechsel S -> R	0.26	3:03	11:43	12	1:08	59	1:43	2.16	36:13	16:46	11	6:48	61	12:14
Schwimmen 000	2.16	36:13	16:46	11	6:48	61	12:14	2.16	36:13	16:46	11	6:48	61	12:14
Rad netto	93.00	2:39:33	1:42	6	8:03	27	44:58	95.16	3:15:46	2:03	7	13:50	36	48:30
Wechsel R -> L	0.13	1:38	12:33	9	0:35	41	0:57	95.29	3:17:24	2:04	7	13:59	35	25:09
Radfahren 000	93.13	2:41:11	1:43	6	8:28	26	20:11	95.29	3:17:24	2:04	7	13:59	35	25:09
Lauf	21.50	1:38:38	4:35	6	14:42	43	20:28	116.79	4:56:02	2:32	7	27:31	36	43:12