



Erkner Triathlon
Erkner / 10.09.2017

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KRUSE, Felix

000: 5:02:51

00: BSV Friesen

00: 166

00: 116.79 km

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

00000/000: 44 (of 154)

00000/0: 43 (of 137)

000000: 4:12:50

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00000: 5(of 20)

SEN1 / TM 40

0000000: 4:12:50

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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	26:33	13:58	1	-	7	3:54	1.90	26:33	13:58	1	-	7	3:54
Wechsel S -> R	0.26	1:51	7:06	3	0:15	11	0:31	2.16	28:24	13:08	1	-	6	4:25
Schwimmen 000	2.16	28:24	13:08	1	-	6	4:25	2.16	28:24	13:08	1	-	6	4:25
Rad netto	93.00	2:47:39	1:48	6	25:45	52	53:04	95.16	3:16:03	2:03	3	23:51	38	48:47
Wechsel R -> L	0.13	1:46	13:35	9	1:00	56	1:05	95.29	3:17:49	2:04	3	24:51	36	25:34
Radfahren 000	93.13	2:49:25	1:49	5	26:45	49	28:25	95.29	3:17:49	2:04	3	24:51	36	25:34
Lauf	21.50	1:45:02	4:53	10	25:10	70	26:52	116.79	5:02:51	2:35	5	50:01	43	50:01