



Erkner Triathlon
Erkner / 10.09.2017

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FINCK, Matthias

000: 5:15:37

00: Berlin

00: 132

00: 116.79 km

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

00000/000: 62 (of 154)

00000/0: 59 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 13(of 25)

0000000: 4:28:31

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.90	35:57	18:55	16	8:28	97	13:18	1.90	35:57	18:55	16	8:28	97	13:18
Wechsel S -> R	0.26	3:25	13:08	16	1:30	75	2:05	2.16	39:22	18:13	15	9:57	87	15:23
Schwimmen 000	2.16	39:22	18:13	15	9:57	87	15:23	2.16	39:22	18:13	15	9:57	87	15:23
Rad netto	93.00	2:53:23	1:51	15	21:53	67	58:48	95.16	3:32:45	2:14	14	30:49	69	1:05:29
Wechsel R -> L	0.13	1:48	13:50	12	0:45	60	1:07	95.29	3:34:33	2:15	14	31:08	68	42:18
Radfahren 000	93.13	2:55:11	1:52	14	22:28	65	34:11	95.29	3:34:33	2:15	14	31:08	68	42:18
Lauf	21.50	1:41:04	4:42	9	17:08	55	22:54	116.79	5:15:37	2:42	13	47:06	59	1:02:47