



Erkner Triathlon  
Erkner / 10.09.2017

0000

ANDREWITZ, Maik

000: 5:26:30

00: Berlin

00: 17

00: 116.79 km

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

00000/000: 76 (of 154)

00000/0: 72 (of 137)

000000: 4:12:50

0000:

00000: 11(of 20)

SEN1 / TM 40

0000000: 4:12:50

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0000

000

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	31:24	16:31	5	4:51	37	8:45	1.90	31:24	16:31	5	4:51	37	8:45
Wechsel S -> R	0.26	3:26	13:12	14	1:50	76	2:06	2.16	34:50	16:07	6	6:26	46	10:51
Schwimmen 000	2.16	34:50	16:07	6	6:26	46	10:51	2.16	34:50	16:07	6	6:26	46	10:51
Rad netto	93.00	2:51:04	1:50	10	29:10	61	56:29	95.16	3:25:54	2:09	7	33:42	53	58:38
Wechsel R -> L	0.13	1:33	11:55	5	0:47	37	0:52	95.29	3:27:27	2:10	7	34:29	52	35:12
Radfahren 000	93.13	2:52:37	1:51	8	29:57	57	31:37	95.29	3:27:27	2:10	7	34:29	52	35:12
Lauf	21.50	1:59:03	5:32	15	39:11	102	40:53	116.79	5:26:30	2:47	11	1:13:40	72	1:13:40