



Erkner Triathlon
Erkner / 10.09.2017

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MERKLE, Tobias

000: 5:49:26

00: Berlin

00: 79

00: 116.79 km

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

00000/000: 115 (of 154)

00000/0: 108 (of 137)

000000: 4:12:50

0000:

SEN2 / TM 45

00000: 21(of 25)

0000000: 4:28:31

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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	36:14	19:04	17	8:45	101	13:35	1.90	36:14	19:04	17	8:45	101	13:35
Wechsel S -> R	0.26	3:49	14:40	18	1:54	88	2:29	2.16	40:03	18:32	17	10:38	96	16:04
Schwimmen 000	2.16	40:03	18:32	17	10:38	96	16:04	2.16	40:03	18:32	17	10:38	96	16:04
Rad netto	93.00	3:03:16	1:58	20	31:46	100	1:08:41	95.16	3:43:19	2:20	19	41:23	99	1:16:03
Wechsel R -> L	0.13	1:31	11:39	8	0:28	36	0:50	95.29	3:44:50	2:21	19	41:25	96	52:35
Radfahren 000	93.13	3:04:47	1:59	20	32:04	97	43:47	95.29	3:44:50	2:21	19	41:25	96	52:35
Lauf	21.50	2:04:36	5:47	23	40:40	110	46:26	116.79	5:49:26	2:59	21	1:20:55	108	1:36:36