



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Chlosta, Marek

000: 2:54:18

00: Strausberg

00: 377

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 104 (of 236)

00000/0: 95 (of 198)

000000: 2:14:41

00000: 15(of 28)

0000000: 2:29:21

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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	1.50	37:42	25:08	14	8:46	93	13:00	1.50	37:42	25:08	14	8:46	93	13:00
Wechsel S -> R	0.26	2:15	8:39	3	0:13	28	0:55	1.76	39:57	22:41	11	8:59	77	13:02
Schwimmen 000	1.76	39:57	22:41	11	8:59	77	13:02	1.76	39:57	22:41	11	8:59	77	13:02
Rad netto	40.00	1:15:36	1:53	15	8:41	91	13:12	41.76	1:55:33	2:46	12	14:04	86	25:10
Wechsel R -> L	0.13	1:06	8:27	1	-	22	0:20	41.89	1:56:39	2:47	11	14:03	82	24:57
Rad 000	40.13	1:16:42	1:54	11	8:40	81	13:27	41.89	1:56:39	2:47	11	14:03	82	24:57
Lauf	10.00	57:39	5:45	16	15:00	129	19:28	51.89	2:54:18	3:21	15	24:57	95	39:37