



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Kromer, Andreas

000: 2:54:28

00: Petershagen

00: 239

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 106 (of 236)

00000/0: 97 (of 198)

000000: 2:14:41

00000: 12(of 25)

0000000: 2:15:02

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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	40:47	27:11	20	13:07	140	16:05	1.50	40:47	27:11	20	13:07	140	16:05
Wechsel S -> R	0.26	3:01	11:36	11	1:18	86	1:41	1.76	43:48	24:53	18	14:25	131	16:53
Schwimmen 000	1.76	43:48	24:53	18	14:25	131	16:53	1.76	43:48	24:53	18	14:25	131	16:53
Rad netto	40.00	1:14:31	1:51	7	7:49	75	12:07	41.76	1:58:19	2:49	12	22:14	101	27:56
Wechsel R -> L	0.13	1:37	12:26	6	0:51	81	0:51	41.89	1:59:56	2:51	12	23:05	100	28:14
Rad 000	40.13	1:16:08	1:53	7	8:40	77	12:53	41.89	1:59:56	2:51	12	23:05	100	28:14
Lauf	10.00	54:32	5:27	15	16:21	105	16:21	51.89	2:54:28	3:21	12	39:26	97	39:47