



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Hartwig, Christian

000: 2:51:55

00: Wildenbruch

00: 415

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 97 (of 236)

00000/0: 88 (of 198)

000000: 2:14:41

00000: 17(of 30)

0000000: 2:17:44

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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	34:33	23:01	9	6:34	49	9:51	1.50	34:33	23:01	9	6:34	49	9:51
Wechsel S -> R	0.26	3:00	11:32	14	1:11	81	1:40	1.76	37:33	21:20	7	7:45	48	10:38
Schwimmen 000	1.76	37:33	21:20	7	7:45	48	10:38	1.76	37:33	21:20	7	7:45	48	10:38
Rad netto	40.00	1:18:07	1:57	20	12:47	122	15:43	41.76	1:55:40	2:46	15	19:27	87	25:17
Wechsel R -> L	0.13	1:31	11:39	12	0:38	69	0:45	41.89	1:57:11	2:47	15	19:57	84	25:29
Rad 000	40.13	1:19:38	1:59	20	13:17	117	16:23	41.89	1:57:11	2:47	15	19:57	84	25:29
Lauf	10.00	54:44	5:28	19	14:14	109	16:33	51.89	2:51:55	3:18	17	34:11	88	37:14