



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Ahrend, Jakob

000: 2:23:58

00: Berlin 09

00: 244

00: 51.89 km

Olympisch

0000:

Junioren

00000/000: 8 (of 236)

00000/0: 8 (of 198)

000000: 2:14:41

00000: 1(of 3)

0000000: 2:23:58

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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	27:07	18:04	1	-	4	2:25	1.50	27:07	18:04	1	-	4	2:25
Wechsel S -> R	0.26	1:42	6:32	1	-	4	0:22	1.76	28:49	16:22	1	-	3	1:54
Schwimmen 000	1.76	28:49	16:22	1	-	3	1:54	1.76	28:49	16:22	1	-	3	1:54
Rad netto	40.00	1:12:19	1:48	1	-	54	9:55	41.76	1:41:08	2:25	1	-	13	10:45
Wechsel R -> L	0.13	0:48	6:09	1	-	2	0:02	41.89	1:41:56	2:26	1	-	12	10:14
Rad 000	40.13	1:13:07	1:49	1	-	42	9:52	41.89	1:41:56	2:26	1	-	12	10:14
Lauf	10.00	42:02	4:12	1	-	5	3:51	51.89	2:23:58	2:46	1	-	8	9:17