



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Callies, Jan

000: 2:46:43

00: Kelkheim

00: 155

00: 51.89 km

Olympisch

0000:

AK1 / TM 20

00000/000: 71 (of 236)

00000/0: 67 (of 198)

000000: 2:14:41

00000: 4(of 11)

0000000: 2:33:33

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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	38:20	25:33	5	6:26	102	13:38	1.50	38:20	25:33	5	6:26	102	13:38
Wechsel S -> R	0.26	2:32	9:44	3	0:42	39	1:12	1.76	40:52	23:13	5	7:08	89	13:57
Schwimmen 000	1.76	40:52	23:13	5	7:08	89	13:57	1.76	40:52	23:13	5	7:08	89	13:57
Rad netto	40.00	1:16:22	1:54	4	6:05	100	13:58	41.76	1:57:14	2:48	3	13:13	94	26:51
Wechsel R -> L	0.13	1:26	11:01	6	0:34	60	0:40	41.89	1:58:40	2:49	3	13:47	92	26:58
Rad 000	40.13	1:17:48	1:56	4	6:39	94	14:33	41.89	1:58:40	2:49	3	13:47	92	26:58
Lauf	10.00	48:03	4:48	4	1:27	43	9:52	51.89	2:46:43	3:12	4	13:10	67	32:02