



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Justynowicz, Alexander

000: 2:56:03

00: Berlin

00: 219

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 116 (of 236)

00000/0: 105 (of 198)

000000: 2:14:41

00000: 16(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	36:26	24:17	10	7:30	73	11:44	1.50	36:26	24:17	10	7:30	73	11:44
Wechsel S -> R	0.26	3:13	12:22	12	1:11	100	1:53	1.76	39:39	22:31	9	8:41	72	12:44
Schwimmen 000	1.76	39:39	22:31	9	8:41	72	12:44	1.76	39:39	22:31	9	8:41	72	12:44
Rad netto	40.00	1:19:21	1:59	20	12:26	128	16:57	41.76	1:59:00	2:50	15	17:31	107	28:37
Wechsel R -> L	0.13	2:17	17:33	20	1:11	146	1:31	41.89	2:01:17	2:53	16	18:41	111	29:35
Rad 000	40.13	1:21:38	2:02	20	13:36	132	18:23	41.89	2:01:17	2:53	16	18:41	111	29:35
Lauf	10.00	54:46	5:28	13	12:07	110	16:35	51.89	2:56:03	3:23	16	26:42	105	41:22