



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Alvarez, Carlos

000: 2:24:29

00: Stadler

00: 416

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 9 (of 236)

00000/0: 9 (of 198)

000000: 2:14:41

00000: 3(of 45)

0000000: 2:14:41

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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	29:23	19:35	6	4:41	18	4:41	1.50	29:23	19:35	6	4:41	18	4:41
Wechsel S -> R	0.26	1:20	5:07	1	-	1	-	1.76	30:43	17:27	5	3:48	12	3:48
Schwimmen 000	1.76	30:43	17:27	5	3:48	12	3:48	1.76	30:43	17:27	5	3:48	12	3:48
Rad netto	40.00	1:06:57	1:40	5	4:33	9	4:33	41.76	1:37:40	2:20	4	7:17	8	7:17
Wechsel R -> L	0.13	1:00	7:41	5	0:09	15	0:14	41.89	1:38:40	2:21	4	6:58	8	6:58
Rad 000	40.13	1:07:57	1:41	5	4:42	8	4:42	41.89	1:38:40	2:21	4	6:58	8	6:58
Lauf	10.00	45:49	4:34	6	4:18	19	7:38	51.89	2:24:29	2:47	3	9:48	9	9:48