



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Trzewik, Torsten

000: 2:56:08

00: Berlin

00: 343

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 119 (of 236)

00000/0: 108 (of 198)

000000: 2:14:41

00000: 14(of 28)

0000000: 2:23:41

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000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 km | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.50 | 39:11 | 26:07 | 19 | 11:57 | 113 | 14:29 | 1.50 | 39:11 | 26:07 | 19 | 11:57 | 113 | 14:29 | |
| Wechsel S -> R | 0.26 | 3:46 | 14:29 | 19 | 2:06 | 137 | 2:26 | 1.76 | 42:57 | 24:24 | 21 | 13:21 | 119 | 16:02 | |
| Schwimmen 000 | 1.76 | 42:57 | 24:24 | 21 | 13:21 | 119 | 16:02 | 1.76 | 42:57 | 24:24 | 21 | 13:21 | 119 | 16:02 | |
| Rad netto | 40.00 | 1:12:26 | 1:48 | 9 | 4:03 | 56 | 10:02 | 41.76 | 1:55:23 | 2:45 | 14 | 17:16 | 82 | 25:00 | |
| Wechsel R -> L | 0.13 | 2:08 | 16:24 | 17 | 1:18 | 140 | 1:22 | 41.89 | 1:57:31 | 2:48 | 14 | 18:34 | 86 | 25:49 | |
| Rad 000 | 40.13 | 1:14:34 | 1:51 | 10 | 5:21 | 62 | 11:19 | 41.89 | 1:57:31 | 2:48 | 14 | 18:34 | 86 | 25:49 | |
| Lauf | 10.00 | 58:37 | 5:51 | 19 | 15:49 | 138 | 20:26 | 51.89 | 2:56:08 | 3:23 | 14 | 32:27 | 108 | 41:27 | |