



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Schönley, Jan

000: 2:56:11

00: Wismar

00: 311

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 120 (of 236)

00000/0: 109 (of 198)

000000: 2:14:41

00000: 27(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	39:46	26:30	22	15:04	125	15:04	1.50	39:46	26:30	22	15:04	125	15:04
Wechsel S -> R	0.26	2:33	9:48	10	1:13	40	1:13	1.76	42:19	24:02	22	15:24	109	15:24
Schwimmen 000	1.76	42:19	24:02	22	15:24	109	15:24	1.76	42:19	24:02	22	15:24	109	15:24
Rad netto	40.00	1:22:42	2:04	34	20:18	156	20:18	41.76	2:05:01	2:59	31	34:38	144	34:38
Wechsel R -> L	0.13	1:15	9:36	10	0:24	39	0:29	41.89	2:06:16	3:00	31	34:34	138	34:34
Rad 000	40.13	1:23:57	2:05	33	20:42	151	20:42	41.89	2:06:16	3:00	31	34:34	138	34:34
Lauf	10.00	49:55	4:59	16	8:24	60	11:44	51.89	2:56:11	3:23	27	41:30	109	41:30