



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Hildebrandt, Andreas

000: 2:57:32

00: Zeuthen

00: 203

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 127 (of 236)

00000/0: 115 (of 198)

000000: 2:14:41

00000: 21(of 30)

0000000: 2:17:44

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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	31:56	21:17	5	3:57	28	7:14	1.50	31:56	21:17	5	3:57	28	7:14
Wechsel S -> R	0.26	3:20	12:49	20	1:31	106	2:00	1.76	35:16	20:02	5	5:28	34	8:21
Schwimmen 000	1.76	35:16	20:02	5	5:28	34	8:21	1.76	35:16	20:02	5	5:28	34	8:21
Rad netto	40.00	1:20:54	2:01	23	15:34	144	18:30	41.76	1:56:10	2:46	16	19:57	90	25:47
Wechsel R -> L	0.13	1:22	10:30	9	0:29	48	0:36	41.89	1:57:32	2:48	16	20:18	87	25:50
Rad 000	40.13	1:22:16	2:03	22	15:55	137	19:01	41.89	1:57:32	2:48	16	20:18	87	25:50
Lauf	10.00	1:00:00	6:00	25	19:30	146	21:49	51.89	2:57:32	3:25	21	39:48	115	42:51