



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Grote, Daniel

000: 2:58:51

00: Luckau

00: 191

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 132 (of 236)

00000/0: 119 (of 198)

000000: 2:14:41

00000: 15(of 25)

0000000: 2:15:02

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	35:29	23:39	7	7:49	60	10:47	1.50	35:29	23:39	7	7:49	60	10:47
Wechsel S -> R	0.26	3:35	13:46	14	1:52	122	2:15	1.76	39:04	22:11	7	9:41	67	12:09
Schwimmen 000	1.76	39:04	22:11	7	9:41	67	12:09	1.76	39:04	22:11	7	9:41	67	12:09
Rad netto	40.00	1:20:13	2:00	20	13:31	136	17:49	41.76	1:59:17	2:51	13	23:12	108	28:54
Wechsel R -> L	0.13	1:38	12:33	7	0:52	82	0:52	41.89	2:00:55	2:53	13	24:04	109	29:13
Rad 000	40.13	1:21:51	2:02	18	14:23	133	18:36	41.89	2:00:55	2:53	13	24:04	109	29:13
Lauf	10.00	57:56	5:47	19	19:45	133	19:45	51.89	2:58:51	3:26	15	43:49	119	44:10