



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Bettin, Erik

000: 2:59:59

00: Berlin

00: 139

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 136 (of 236)

00000/0: 123 (of 198)

000000: 2:14:41

00000: 18(of 28)

0000000: 2:23:41

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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	31:40	21:06	5	4:26	25	6:58	1.50	31:40	21:06	5	4:26	25	6:58
Wechsel S -> R	0.26	2:48	10:46	7	1:08	62	1:28	1.76	34:28	19:35	5	4:52	30	7:33
Schwimmen 000	1.76	34:28	19:35	5	4:52	30	7:33	1.76	34:28	19:35	5	4:52	30	7:33
Rad netto	40.00	1:17:23	1:56	17	9:00	117	14:59	41.76	1:51:51	2:40	7	13:44	55	21:28
Wechsel R -> L	0.13	1:05	8:19	3	0:15	20	0:19	41.89	1:52:56	2:41	7	13:59	56	21:14
Rad 000	40.13	1:18:28	1:57	16	9:15	107	15:13	41.89	1:52:56	2:41	7	13:59	56	21:14
Lauf	10.00	1:07:03	6:42	24	24:15	185	28:52	51.89	2:59:59	3:28	18	36:18	123	45:18