



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Franel, Andre

000: 3:00:43

00: Berlin

00: 174

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 139 (of 236)

00000/0: 126 (of 198)

000000: 2:14:41

00000: 20(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	39:06	26:03	18	11:52	109	14:24	1.50	39:06	26:03	18	11:52	109	14:24
Wechsel S -> R	0.26	3:32	13:35	17	1:52	118	2:12	1.76	42:38	24:13	19	13:02	114	15:43
Schwimmen 000	1.76	42:38	24:13	19	13:02	114	15:43	1.76	42:38	24:13	19	13:02	114	15:43
Rad netto	40.00	1:20:31	2:00	19	12:08	139	18:07	41.76	2:03:09	2:56	19	25:02	129	32:46
Wechsel R -> L	0.13	2:05	16:01	14	1:15	136	1:19	41.89	2:05:14	2:59	19	26:17	131	33:32
Rad 000	40.13	1:22:36	2:03	19	13:23	143	19:21	41.89	2:05:14	2:59	19	26:17	131	33:32
Lauf	10.00	55:29	5:32	14	12:41	118	17:18	51.89	3:00:43	3:28	20	37:02	126	46:02