



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Tiegel, Rainer

000: 3:00:55

00: Lupus Team Zehdenick

00: 417

00: 51.89 km

Olympisch

0000:

SEN4 / TM 55

00000/000: 141 (of 236)

00000/0: 128 (of 198)

000000: 2:14:41

00000: 2(of 4)

0000000: 2:55:07

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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	38:57	25:58	3	4:07	107	14:15	1.50	38:57	25:58	3	4:07	107	14:15
Wechsel S -> R	0.26	2:56	11:16	1	-	71	1:36	1.76	41:53	23:47	3	3:42	104	14:58
Schwimmen 000	1.76	41:53	23:47	3	3:42	104	14:58	1.76	41:53	23:47	3	3:42	104	14:58
Rad netto	40.00	1:16:31	1:54	3	5:08	103	14:07	41.76	1:58:24	2:50	3	8:50	102	28:01
Wechsel R -> L	0.13	2:18	17:41	3	0:21	148	1:32	41.89	2:00:42	2:52	3	9:09	106	29:00
Rad 000	40.13	1:18:49	1:57	3	5:27	110	15:34	41.89	2:00:42	2:52	3	9:09	106	29:00
Lauf	10.00	1:00:13	6:01	1	-	149	22:02	51.89	3:00:55	3:29	2	5:48	128	46:14