



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Bonilha, André

000: 3:01:37

00: Augsburg

00: 304

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 144 (of 236)

00000/0: 131 (of 198)

000000: 2:14:41

00000: 18(of 28)

0000000: 2:29:21

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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	40:11	26:47	22	11:15	134	15:29	1.50	40:11	26:47	22	11:15	134	15:29
Wechsel S -> R	0.26	3:09	12:06	10	1:07	93	1:49	1.76	43:20	24:37	18	12:22	125	16:25
Schwimmen 000	1.76	43:20	24:37	18	12:22	125	16:25	1.76	43:20	24:37	18	12:22	125	16:25
Rad netto	40.00	1:16:34	1:54	17	9:39	104	14:10	41.76	1:59:54	2:52	18	18:25	112	29:31
Wechsel R -> L	0.13	1:27	11:09	8	0:21	62	0:41	41.89	2:01:21	2:53	17	18:45	112	29:39
Rad 000	40.13	1:18:01	1:56	15	9:59	96	14:46	41.89	2:01:21	2:53	17	18:45	112	29:39
Lauf	10.00	1:00:16	6:01	21	17:37	151	22:05	51.89	3:01:37	3:30	18	32:16	131	46:56