



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Bergk, Geronimo

000: 3:03:26

00: Rehfelde

00: 232

00: 51.89 km

Olympisch

0000:

AK1 / TM 20

00000/000: 153 (of 236)

00000/0: 139 (of 198)

000000: 2:14:41

00000: 8(of 11)

0000000: 2:33:33

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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	50:48	33:52	10	18:54	187	26:06	1.50	50:48	33:52	10	18:54	187	26:06
Wechsel S -> R	0.26	5:07	19:40	9	3:17	173	3:47	1.76	55:55	31:46	11	22:11	187	29:00
Schwimmen 000	1.76	55:55	31:46	11	22:11	187	29:00	1.76	55:55	31:46	11	22:11	187	29:00
Rad netto	40.00	1:18:28	1:57	5	8:11	124	16:04	41.76	2:14:23	3:13	9	30:22	175	44:00
Wechsel R -> L	0.13	1:46	13:35	8	0:54	95	1:00	41.89	2:16:09	3:15	9	31:16	171	44:27
Rad 000	40.13	1:20:14	1:59	5	9:05	123	16:59	41.89	2:16:09	3:15	9	31:16	171	44:27
Lauf	10.00	47:17	4:43	2	0:41	37	9:06	51.89	3:03:26	3:32	8	29:53	139	48:45