



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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## Wessels, Johannes

000: 3:03:23

00: Berlin

00: 359

00: 51.89 km

Olympisch

0000:

AK2 / TM 25

00000/000: 151 (of 236)

00000/0: 137 (of 198)

000000: 2:14:41

00000: 10(of 17)

0000000: 2:22:46

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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	44:32	29:41	14	17:05	170	19:50	1.50	44:32	29:41	14	17:05	170	19:50
Wechsel S -> R	0.26	3:21	12:53	11	1:39	109	2:01	1.76	47:53	27:12	14	17:49	164	20:58
Schwimmen 000	1.76	47:53	27:12	14	17:49	164	20:58	1.76	47:53	27:12	14	17:49	164	20:58
Rad netto	40.00	1:19:50	1:59	9	10:31	131	17:26	41.76	2:07:43	3:03	14	27:37	156	37:20
Wechsel R -> L	0.13	1:34	12:03	8	0:40	77	0:48	41.89	2:09:17	3:05	12	28:05	148	37:35
Rad 000	40.13	1:21:24	2:01	9	10:39	128	18:09	41.89	2:09:17	3:05	12	28:05	148	37:35
Lauf	10.00	54:06	5:24	8	12:32	99	15:55	51.89	3:03:23	3:32	10	40:37	137	48:42