



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Spinler, Lutz

000: 3:03:39

00: Dallgow

00: 406

00: 51.89 km

Olympisch

0000:

SEN4 / TM 55

00000/000: 154 (of 236)

00000/0: 140 (of 198)

000000: 2:14:41

00000: 3(of 4)

0000000: 2:55:07

0000

0000

000

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	37:16	24:50	2	2:26	87	12:34	1.50	37:16	24:50	2	2:26	87	12:34
Wechsel S -> R	0.26	3:20	12:49	2	0:24	106	2:00	1.76	40:36	23:04	2	2:25	84	13:41
Schwimmen 000	1.76	40:36	23:04	2	2:25	84	13:41	1.76	40:36	23:04	2	2:25	84	13:41
Rad netto	40.00	1:16:18	1:54	2	4:55	98	13:54	41.76	1:56:54	2:47	2	7:20	93	26:31
Wechsel R -> L	0.13	1:57	15:00	1	-	122	1:11	41.89	1:58:51	2:50	2	7:18	93	27:09
Rad 000	40.13	1:18:15	1:56	2	4:53	100	15:00	41.89	1:58:51	2:50	2	7:18	93	27:09
Lauf	10.00	1:04:48	6:28	3	4:35	173	26:37	51.89	3:03:39	3:32	3	8:32	140	48:58