



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Lampe, Christian

000: 3:04:24

00: Berlin

00: 247

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 158 (of 236)

00000/0: 142 (of 198)

000000: 2:14:41

00000: 22(of 28)

0000000: 2:23:41

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	35:56	23:57	11	8:42	67	11:14	1.50	35:56	23:57	11	8:42	67	11:14	
Wechsel S -> R	0.26	3:59	15:19	23	2:19	144	2:39	1.76	39:55	22:40	12	10:19	76	13:00	
Schwimmen 000	1.76	39:55	22:40	12	10:19	76	13:00	1.76	39:55	22:40	12	10:19	76	13:00	
Rad netto	40.00	1:24:37	2:06	23	16:14	167	22:13	41.76	2:04:32	2:58	21	26:25	142	34:09	
Wechsel R -> L	0.13	1:55	14:44	11	1:05	115	1:09	41.89	2:06:27	3:01	21	27:30	140	34:45	
Rad 000	40.13	1:26:32	2:09	23	17:19	164	23:17	41.89	2:06:27	3:01	21	27:30	140	34:45	
Lauf	10.00	57:57	5:47	17	15:09	134	19:46	51.89	3:04:24	3:33	22	40:43	142	49:43	