



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Reinert, Markus

□□□: 2:26:07

□□: Berlin

□□: 428

□□: 51.89 km

Olympisch

□□□□:

SEN2 / TM 45

□□□□□/□□□: 12 (of 236)

□□□□□/□: 12 (of 198)

□□□□□□: 2:14:41

□□□□□: 2(of 28)

□□□□□□□: 2:23:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	27:56	18:37	2	0:42	10	3:14	1.50	27:56	18:37	2	0:42	10	3:14	
Wechsel S -> R	0.26	1:40	6:24	1	-	3	0:20	1.76	29:36	16:49	1	-	5	2:41	
Schwimmen □□□	1.76	29:36	16:49	1	-	5	2:41	1.76	29:36	16:49	1	-	5	2:41	
Rad netto	40.00	1:08:31	1:42	2	0:08	15	6:07	41.76	1:38:07	2:20	1	-	9	7:44	
Wechsel R -> L	0.13	0:50	6:24	1	-	3	0:04	41.89	1:38:57	2:21	1	-	9	7:15	
Rad □□□	40.13	1:09:21	1:43	2	0:08	15	6:06	41.89	1:38:57	2:21	1	-	9	7:15	
Lauf	10.00	47:10	4:43	5	4:22	36	8:59	51.89	2:26:07	2:48	2	2:26	12	11:26	