



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Greune, Konstantin

000: 3:06:05

00: Potsdam

00: 190

00: 51.89 km

Olympisch

0000:

AK2 / TM 25

00000/000: 167 (of 236)

00000/0: 148 (of 198)

000000: 2:14:41

00000: 14(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	47:00	31:19	15	19:33	181	22:18	1.50	47:00	31:19	15	19:33	181	22:18
Wechsel S -> R	0.26	3:26	13:12	12	1:44	114	2:06	1.76	50:26	28:39	15	20:22	176	23:31
Schwimmen 000	1.76	50:26	28:39	15	20:22	176	23:31	1.76	50:26	28:39	15	20:22	176	23:31
Rad netto	40.00	1:18:06	1:57	8	8:47	121	15:42	41.76	2:08:32	3:04	15	28:26	161	38:09
Wechsel R -> L	0.13	3:04	23:35	16	2:10	177	2:18	41.89	2:11:36	3:08	14	30:24	161	39:54
Rad 000	40.13	1:21:10	2:01	8	10:25	127	17:55	41.89	2:11:36	3:08	14	30:24	161	39:54
Lauf	10.00	54:29	5:26	9	12:55	104	16:18	51.89	3:06:05	3:35	14	43:19	148	51:24