



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Kirchner, Henry

000: 3:07:05

00: Oh-Bein

00: 382

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 172 (of 236)

00000/0: 151 (of 198)

000000: 2:14:41

00000: 20(of 28)

0000000: 2:29:21

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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	39:09	26:05	18	10:13	111	14:27	1.50	39:09	26:05	18	10:13	111	14:27
Wechsel S -> R	0.26	5:12	20:00	26	3:10	174	3:52	1.76	44:21	25:11	20	13:23	137	17:26
Schwimmen 000	1.76	44:21	25:11	20	13:23	137	17:26	1.76	44:21	25:11	20	13:23	137	17:26
Rad netto	40.00	1:21:43	2:02	23	14:48	153	19:19	41.76	2:06:04	3:01	22	24:35	148	35:41
Wechsel R -> L	0.13	3:12	24:36	25	2:06	178	2:26	41.89	2:09:16	3:05	22	26:40	147	37:34
Rad 000	40.13	1:24:55	2:06	24	16:53	156	21:40	41.89	2:09:16	3:05	22	26:40	147	37:34
Lauf	10.00	57:49	5:46	18	15:10	132	19:38	51.89	3:07:05	3:36	20	37:44	151	52:24