



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Mrozek, Florian

000: 2:28:09

00: Berlin

00: 270

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 13 (of 236)

00000/0: 13 (of 198)

000000: 2:14:41

00000: 5(of 45)

0000000: 2:14:41

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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	27:36	18:24	4	2:54	7	2:54	1.50	27:36	18:24	4	2:54	7	2:54
Wechsel S -> R	0.26	2:42	10:23	15	1:22	56	1:22	1.76	30:18	17:12	4	3:23	10	3:23
Schwimmen 000	1.76	30:18	17:12	4	3:23	10	3:23	1.76	30:18	17:12	4	3:23	10	3:23
Rad netto	40.00	1:10:48	1:46	10	8:24	32	8:24	41.76	1:41:06	2:25	5	10:43	12	10:43
Wechsel R -> L	0.13	0:51	6:32	1	-	5	0:05	41.89	1:41:57	2:26	5	10:15	13	10:15
Rad 000	40.13	1:11:39	1:47	10	8:24	24	8:24	41.89	1:41:57	2:26	5	10:15	13	10:15
Lauf	10.00	46:12	4:37	7	4:41	22	8:01	51.89	2:28:09	2:51	5	13:28	13	13:28