



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Aukschat, Ralf

000: 3:07:37

00: Berlin

00: 132

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 173 (of 236)

00000/0: 152 (of 198)

000000: 2:14:41

00000: 21(of 25)

0000000: 2:15:02

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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	37:03	24:41	11	9:23	81	12:21	1.50	37:03	24:41	11	9:23	81	12:21
Wechsel S -> R	0.26	3:52	14:52	18	2:09	140	2:32	1.76	40:55	23:14	11	11:32	90	14:00
Schwimmen 000	1.76	40:55	23:14	11	11:32	90	14:00	1.76	40:55	23:14	11	11:32	90	14:00
Rad netto	40.00	1:20:09	2:00	18	13:27	134	17:45	41.76	2:01:04	2:53	15	24:59	117	30:41
Wechsel R -> L	0.13	2:21	18:04	20	1:35	154	1:35	41.89	2:03:25	2:56	15	26:34	118	31:43
Rad 000	40.13	1:22:30	2:03	20	15:02	141	19:15	41.89	2:03:25	2:56	15	26:34	118	31:43
Lauf	10.00	1:04:12	6:25	23	26:01	169	26:01	51.89	3:07:37	3:36	21	52:35	153	52:56