



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Kuelz, Hannes

000: 3:08:22

00: Berlin

00: 243

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 175 (of 236)

00000/0: 153 (of 198)

000000: 2:14:41

00000: 21(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	39:30	26:19	20	10:34	118	14:48	1.50	39:30	26:19	20	10:34	118	14:48
Wechsel S -> R	0.26	4:58	19:06	25	2:56	171	3:38	1.76	44:28	25:15	22	13:30	139	17:33
Schwimmen 000	1.76	44:28	25:15	22	13:30	139	17:33	1.76	44:28	25:15	22	13:30	139	17:33
Rad netto	40.00	1:24:12	2:06	26	17:17	165	21:48	41.76	2:08:40	3:04	26	27:11	162	38:17
Wechsel R -> L	0.13	3:33	27:18	26	2:27	183	2:47	41.89	2:12:13	3:09	26	29:37	162	40:31
Rad 000	40.13	1:27:45	2:11	26	19:43	167	24:30	41.89	2:12:13	3:09	26	29:37	162	40:31
Lauf	10.00	56:09	5:36	15	13:30	124	17:58	51.89	3:08:22	3:37	21	39:01	154	53:41