



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Rosenberg, Kathrin

000: 3:04:22

00: Berlin

00: 296

00: 51.89 km

Olympisch

0000:

SEN3 / TW 50

00000/000: 157 (of 236)

00000/0: 16 (of 38)

000000: 2:37:05

00000: 3(of 5)

0000000: 2:48:39

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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	34:47	23:11	2	9:13	8	9:13	1.50	34:47	23:11	2	9:13	8	9:13
Wechsel S -> R	0.26	3:09	12:06	2	1:04	12	1:53	1.76	37:56	21:33	2	8:24	9	8:24
Schwimmen 000	1.76	37:56	21:33	2	8:24	9	8:24	1.76	37:56	21:33	2	8:24	9	8:24
Rad netto	40.00	1:26:06	2:09	3	13:27	27	13:27	41.76	2:04:02	2:58	3	10:44	18	19:41
Wechsel R -> L	0.13	1:39	12:41	2	0:06	16	0:42	41.89	2:05:41	3:00	3	10:33	17	20:23
Rad 000	40.13	1:27:45	2:11	3	13:33	25	13:33	41.89	2:05:41	3:00	3	10:33	17	20:23
Lauf	10.00	58:41	5:52	3	6:07	18	9:38	51.89	3:04:22	3:33	3	15:43	16	27:17