



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Liepherr, Carsten

000: 3:08:43

00: Berlin

00: 251

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 177 (of 236)

00000/0: 154 (of 198)

000000: 2:14:41

00000: 34(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	43:03	28:41	36	18:21	158	18:21	1.50	43:03	28:41	36	18:21	158	18:21
Wechsel S -> R	0.26	2:35	9:56	11	1:15	42	1:15	1.76	45:38	25:55	32	18:43	150	18:43
Schwimmen 000	1.76	45:38	25:55	32	18:43	150	18:43	1.76	45:38	25:55	32	18:43	150	18:43
Rad netto	40.00	1:20:01	2:00	30	17:37	133	17:37	41.76	2:05:39	3:00	32	35:16	147	35:16
Wechsel R -> L	0.13	1:56	14:52	26	1:05	118	1:10	41.89	2:07:35	3:02	32	35:53	146	35:53
Rad 000	40.13	1:21:57	2:02	30	18:42	135	18:42	41.89	2:07:35	3:02	32	35:53	146	35:53
Lauf	10.00	1:01:08	6:06	36	19:37	154	22:57	51.89	3:08:43	3:38	34	54:02	155	54:02