



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Maignan, Laurent

000: 3:09:18

00: Berlin

00: 257

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 182 (of 236)

00000/0: 159 (of 198)

000000: 2:14:41

00000: 35(of 45)

0000000: 2:14:41

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	40:13	26:48	28	15:31	135	15:31	1.50	40:13	26:48	28	15:31	135	15:31
Wechsel S -> R	0.26	4:36	17:41	36	3:16	165	3:16	1.76	44:49	25:27	29	17:54	145	17:54
Schwimmen 000	1.76	44:49	25:27	29	17:54	145	17:54	1.76	44:49	25:27	29	17:54	145	17:54
Rad netto	40.00	1:22:53	2:04	35	20:29	158	20:29	41.76	2:07:42	3:03	33	37:19	154	37:19
Wechsel R -> L	0.13	2:33	19:36	36	1:42	161	1:47	41.89	2:10:15	3:06	35	38:33	157	38:33
Rad 000	40.13	1:25:26	2:07	35	22:11	160	22:11	41.89	2:10:15	3:06	35	38:33	157	38:33
Lauf	10.00	59:03	5:54	34	17:32	142	20:52	51.89	3:09:18	3:38	35	54:37	160	54:37