



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Kesou, Samier

000: 3:09:13

00: berlin

00: 225

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 181 (of 236)

00000/0: 158 (of 198)

000000: 2:14:41

00000: 22(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	36:48	24:31	10	9:08	78	12:06	1.50	36:48	24:31	10	9:08	78	12:06
Wechsel S -> R	0.26	4:16	16:24	22	2:33	159	2:56	1.76	41:04	23:20	13	11:41	94	14:09
Schwimmen 000	1.76	41:04	23:20	13	11:41	94	14:09	1.76	41:04	23:20	13	11:41	94	14:09
Rad netto	40.00	1:22:48	2:04	23	16:06	157	20:24	41.76	2:03:52	2:57	21	27:47	136	33:29
Wechsel R -> L	0.13	2:36	20:00	21	1:50	162	1:50	41.89	2:06:28	3:01	21	29:37	141	34:46
Rad 000	40.13	1:25:24	2:07	23	17:56	159	22:09	41.89	2:06:28	3:01	21	29:37	141	34:46
Lauf	10.00	1:02:45	6:16	21	24:34	161	24:34	51.89	3:09:13	3:38	22	54:11	159	54:32