



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Wilfinger, Anke

000: 3:09:27

00: Neuenhagen

00: 363

00: 51.89 km

Olympisch

0000:

SEN1 / TW 40

00000/000: 183 (of 236)

00000/0: 24 (of 38)

000000: 2:37:05

00000: 5(of 7)

0000000: 3:03:57

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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	43:46	29:10	5	6:14	30	18:12	1.50	43:46	29:10	5	6:14	30	18:12
Wechsel S -> R	0.26	3:17	12:37	3	0:42	15	2:01	1.76	47:03	26:43	5	5:28	30	17:31
Schwimmen 000	1.76	47:03	26:43	5	5:28	30	17:31	1.76	47:03	26:43	5	5:28	30	17:31
Rad netto	40.00	1:19:24	1:59	3	0:27	12	6:45	41.76	2:06:27	3:01	4	5:44	20	22:06
Wechsel R -> L	0.13	2:04	15:53	5	0:44	25	1:07	41.89	2:08:31	3:04	4	6:15	20	23:13
Rad 000	40.13	1:21:28	2:01	3	0:58	13	7:16	41.89	2:08:31	3:04	4	6:15	20	23:13
Lauf	10.00	1:00:56	6:05	4	2:25	25	11:53	51.89	3:09:27	3:39	5	5:30	24	32:22