



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Hubko, Marek

000: 2:29:21

00: Slubice

00: 209

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 15 (of 236)

00000/0: 15 (of 198)

000000: 2:14:41

00000: 1(of 28)

0000000: 2:29:21

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	31:59	21:19	3	3:03	30	7:17	1.50	31:59	21:19	3	3:03	30	7:17	
Wechsel S -> R	0.26	2:35	9:56	6	0:33	42	1:15	1.76	34:34	19:38	4	3:36	31	7:39	
Schwimmen 000	1.76	34:34	19:38	4	3:36	31	7:39	1.76	34:34	19:38	4	3:36	31	7:39	
Rad netto	40.00	1:06:55	1:40	1	-	7	4:31	41.76	1:41:29	2:25	1	-	14	11:06	
Wechsel R -> L	0.13	1:07	8:35	2	0:01	28	0:21	41.89	1:42:36	2:26	1	-	14	10:54	
Rad 000	40.13	1:08:02	1:41	1	-	9	4:47	41.89	1:42:36	2:26	1	-	14	10:54	
Lauf	10.00	46:45	4:40	4	4:06	29	8:34	51.89	2:29:21	2:52	1	-	15	14:40	