



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Thümmel, Thomas

000: 3:16:47

00: Berlin

00: 337

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 196 (of 236)

00000/0: 168 (of 198)

000000: 2:14:41

00000: 25(of 30)

0000000: 2:17:44

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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	42:01	28:00	26	14:02	152	17:19	1.50	42:01	28:00	26	14:02	152	17:19
Wechsel S -> R	0.26	7:31	28:54	30	5:42	191	6:11	1.76	49:32	28:08	28	19:44	173	22:37
Schwimmen 000	1.76	49:32	28:08	28	19:44	173	22:37	1.76	49:32	28:08	28	19:44	173	22:37
Rad netto	40.00	1:18:48	1:58	21	13:28	125	16:24	41.76	2:08:20	3:04	24	32:07	160	37:57
Wechsel R -> L	0.13	5:10	39:44	29	4:17	191	4:24	41.89	2:13:30	3:11	25	36:16	164	41:48
Rad 000	40.13	1:23:58	2:05	23	17:37	152	20:43	41.89	2:13:30	3:11	25	36:16	164	41:48
Lauf	10.00	1:03:17	6:19	26	22:47	165	25:06	51.89	3:16:47	3:47	25	59:03	169	1:02:06