



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Engel, Melanie

000: 3:13:08

00: Berlin

00: 171

00: 51.89 km

Olympisch

0000:

SEN1 / TW 40

00000/000: 187 (of 236)

00000/0: 25 (of 38)

000000: 2:37:05

00000: 6(of 7)

0000000: 3:03:57

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0000

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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	45:06	30:03	6	7:34	34	19:32	1.50	45:06	30:03	6	7:34	34	19:32
Wechsel S -> R	0.26	4:19	16:36	7	1:44	30	3:03	1.76	49:25	28:04	6	7:50	34	19:53
Schwimmen 000	1.76	49:25	28:04	6	7:50	34	19:53	1.76	49:25	28:04	6	7:50	34	19:53
Rad netto	40.00	1:20:52	2:01	5	1:55	16	8:13	41.76	2:10:17	3:07	6	9:34	25	25:56
Wechsel R -> L	0.13	2:41	20:38	7	1:21	34	1:44	41.89	2:12:58	3:10	6	10:42	25	27:40
Rad 000	40.13	1:23:33	2:04	5	3:03	17	9:21	41.89	2:12:58	3:10	6	10:42	25	27:40
Lauf	10.00	1:00:10	6:00	3	1:39	21	11:07	51.89	3:13:08	3:43	6	9:11	25	36:03