



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Schmidt, Dina

000: 3:14:21

00: Berlin

00: 302

00: 51.89 km

Olympisch

0000:

AK3 / TW 30

00000/000: 189 (of 236)

00000/0: 27 (of 38)

000000: 2:37:05

00000: 6(of 10)

0000000: 2:47:33

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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	44:08	29:25	10	9:28	32	18:34	1.50	44:08	29:25	10	9:28	32	18:34
Wechsel S -> R	0.26	2:13	8:31	1	-	5	0:57	1.76	46:21	26:20	10	7:00	28	16:49
Schwimmen 000	1.76	46:21	26:20	10	7:00	28	16:49	1.76	46:21	26:20	10	7:00	28	16:49
Rad netto	40.00	1:30:11	2:15	7	13:13	29	17:32	41.76	2:16:32	3:16	9	20:13	30	32:11
Wechsel R -> L	0.13	1:45	13:27	4	0:34	18	0:48	41.89	2:18:17	3:18	8	20:14	29	32:59
Rad 000	40.13	1:31:56	2:17	8	13:14	31	17:44	41.89	2:18:17	3:18	8	20:14	29	32:59
Lauf	10.00	56:04	5:36	5	7:01	13	7:01	51.89	3:14:21	3:44	6	26:48	27	37:16