



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Tittmann, Roman

000: 3:19:42

00: Berlin

00: 338

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 199 (of 236)

00000/0: 170 (of 198)

000000: 2:14:41

00000: 27(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	41:30	27:40	25	13:31	149	16:48	1.50	41:30	27:40	25	13:31	149	16:48
Wechsel S -> R	0.26	5:27	20:57	26	3:38	179	4:07	1.76	46:57	26:40	26	17:09	159	20:02
Schwimmen 000	1.76	46:57	26:40	26	17:09	159	20:02	1.76	46:57	26:40	26	17:09	159	20:02
Rad netto	40.00	1:24:36	2:06	24	19:16	166	22:12	41.76	2:11:33	3:09	26	35:20	170	41:10
Wechsel R -> L	0.13	3:37	27:49	26	2:44	185	2:51	41.89	2:15:10	3:13	27	37:56	170	43:28
Rad 000	40.13	1:28:13	2:11	25	21:52	168	24:58	41.89	2:15:10	3:13	27	37:56	170	43:28
Lauf	10.00	1:04:32	6:27	27	24:02	171	26:21	51.89	3:19:42	3:50	27	1:01:58	171	1:05:01