



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Galisch, Annett

000: 3:16:16

00: Berlin

00: 179

00: 51.89 km

Olympisch

0000:

AK3 / TW 30

00000/000: 193 (of 236)

00000/0: 28 (of 38)

000000: 2:37:05

00000: 7(of 10)

0000000: 2:47:33

0000

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	41:26	27:37	7	6:46	24	15:52	1.50	41:26	27:37	7	6:46	24	15:52
Wechsel S -> R	0.26	3:29	13:23	4	1:16	18	2:13	1.76	44:55	25:31	4	5:34	21	15:23
Schwimmen 000	1.76	44:55	25:31	4	5:34	21	15:23	1.76	44:55	25:31	4	5:34	21	15:23
Rad netto	40.00	1:25:21	2:08	6	8:23	24	12:42	41.76	2:10:16	3:07	5	13:57	24	25:55
Wechsel R -> L	0.13	1:51	14:13	5	0:40	20	0:54	41.89	2:12:07	3:09	4	14:04	23	26:49
Rad 000	40.13	1:27:12	2:10	5	8:30	24	13:00	41.89	2:12:07	3:09	4	14:04	23	26:49
Lauf	10.00	1:04:09	6:24	8	15:06	29	15:06	51.89	3:16:16	3:46	7	28:43	28	39:11