



# Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Matthes, Bodo

000: 3:23:14

00: Hoppegarten

00: 262

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 201 (of 236)

00000/0: 172 (of 198)

000000: 2:14:41

00000: 24(of 25)

0000000: 2:15:02

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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	55:05	36:43	25	27:25	191	30:23	1.50	55:05	36:43	25	27:25	191	30:23
Wechsel S -> R	0.26	4:12	16:09	20	2:29	156	2:52	1.76	59:17	33:41	25	29:54	192	32:22
Schwimmen 000	1.76	59:17	33:41	25	29:54	192	32:22	1.76	59:17	33:41	25	29:54	192	32:22
Rad netto	40.00	1:14:32	1:51	8	7:50	76	12:08	41.76	2:13:49	3:12	24	37:44	174	43:26
Wechsel R -> L	0.13	3:25	26:16	25	2:39	179	2:39	41.89	2:17:14	3:16	24	40:23	174	45:32
Rad 000	40.13	1:17:57	1:56	11	10:29	95	14:42	41.89	2:17:14	3:16	24	40:23	174	45:32
Lauf	10.00	1:06:00	6:35	24	27:49	183	27:49	51.89	3:23:14	3:54	24	1:08:12	174	1:08:33