



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Koschwitz, Andreas

000: 2:30:17

00: Berlin

00: 233

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 16 (of 236)

00000/0: 16 (of 198)

000000: 2:14:41

00000: 4(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	29:40	19:46	4	1:41	21	4:58	1.50	29:40	19:46	4	1:41	21	4:58
Wechsel S -> R	0.26	2:15	8:39	5	0:26	28	0:55	1.76	31:55	18:08	4	2:07	22	5:00
Schwimmen 000	1.76	31:55	18:08	4	2:07	22	5:00	1.76	31:55	18:08	4	2:07	22	5:00
Rad netto	40.00	1:12:02	1:48	10	6:42	48	9:38	41.76	1:43:57	2:29	4	7:44	21	13:34
Wechsel R -> L	0.13	0:53	6:47	1	-	8	0:07	41.89	1:44:50	2:30	4	7:36	21	13:08
Rad 000	40.13	1:12:55	1:49	8	6:34	38	9:40	41.89	1:44:50	2:30	4	7:36	21	13:08
Lauf	10.00	45:27	4:32	6	4:57	18	7:16	51.89	2:30:17	2:53	4	12:33	16	15:36