



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Franke, Robert

000: 3:25:13

00: Berlin

00: 175

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 202 (of 236)

00000/0: 173 (of 198)

000000: 2:14:41

00000: 24(of 28)

0000000: 2:23:41

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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	47:07	31:24	25	19:53	182	22:25	1.50	47:07	31:24	25	19:53	182	22:25
Wechsel S -> R	0.26	3:05	11:51	12	1:25	91	1:45	1.76	50:12	28:31	24	20:36	174	23:17
Schwimmen 000	1.76	50:12	28:31	24	20:36	174	23:17	1.76	50:12	28:31	24	20:36	174	23:17
Rad netto	40.00	1:21:10	2:01	21	12:47	148	18:46	41.76	2:11:22	3:08	23	33:15	166	40:59
Wechsel R -> L	0.13	2:16	17:26	18	1:26	145	1:30	41.89	2:13:38	3:11	23	34:41	166	41:56
Rad 000	40.13	1:23:26	2:04	21	14:13	150	20:11	41.89	2:13:38	3:11	23	34:41	166	41:56
Lauf	10.00	1:11:35	7:09	26	28:47	191	33:24	51.89	3:25:13	3:57	24	1:01:32	175	1:10:32