



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Kaiser, Alexander

000: 3:26:35

00: Berlin

00: 220

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 205 (of 236)

00000/0: 176 (of 198)

000000: 2:14:41

00000: 25(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	46:24	30:56	23	19:10	177	21:42	1.50	46:24	30:56	23	19:10	177	21:42
Wechsel S -> R	0.26	3:58	15:15	22	2:18	142	2:38	1.76	50:22	28:37	25	20:46	175	23:27
Schwimmen 000	1.76	50:22	28:37	25	20:46	175	23:27	1.76	50:22	28:37	25	20:46	175	23:27
Rad netto	40.00	1:31:02	2:16	25	22:39	181	28:38	41.76	2:21:24	3:23	25	43:17	176	51:01
Wechsel R -> L	0.13	1:32	11:47	8	0:42	73	0:46	41.89	2:22:56	3:24	25	43:59	175	51:14
Rad 000	40.13	1:32:34	2:18	25	23:21	179	29:19	41.89	2:22:56	3:24	25	43:59	175	51:14
Lauf	10.00	1:03:39	6:21	23	20:51	167	25:28	51.89	3:26:35	3:58	25	1:02:54	178	1:11:54