



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Meibohm, Arvid

000: 3:31:28

00: Berlin

00: 263

00: 51.89 km

Olympisch

0000:

AK2 / TM 25

00000/000: 210 (of 236)

00000/0: 178 (of 198)

000000: 2:14:41

00000: 15(of 17)

0000000: 2:22:46

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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	51:54	34:36	16	24:27	189	27:12	1.50	51:54	34:36	16	24:27	189	27:12
Wechsel S -> R	0.26	4:37	17:45	16	2:55	167	3:17	1.76	56:31	32:06	16	26:27	188	29:36
Schwimmen 000	1.76	56:31	32:06	16	26:27	188	29:36	1.76	56:31	32:06	16	26:27	188	29:36
Rad netto	40.00	1:30:42	2:16	16	21:23	180	28:18	41.76	2:27:13	3:31	16	47:07	186	56:50
Wechsel R -> L	0.13	2:05	16:01	12	1:11	136	1:19	41.89	2:29:18	3:33	15	48:06	180	57:36
Rad 000	40.13	1:32:47	2:18	15	22:02	180	29:32	41.89	2:29:18	3:33	15	48:06	180	57:36
Lauf	10.00	1:02:10	6:13	15	20:36	159	23:59	51.89	3:31:28	4:04	16	1:08:42	180	1:16:47