



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Hoffmann, Thomas

000: 3:32:28

00: Berlin

00: 205

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 213 (of 236)

00000/0: 180 (of 198)

000000: 2:14:41

00000: 27(of 28)

0000000: 2:29:21

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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	51:07	34:04	27	22:11	188	26:25	1.50	51:07	34:04	27	22:11	188	26:25
Wechsel S -> R	0.26	2:54	11:09	8	0:52	68	1:34	1.76	54:01	30:41	27	23:03	183	27:06
Schwimmen 000	1.76	54:01	30:41	27	23:03	183	27:06	1.76	54:01	30:41	27	23:03	183	27:06
Rad netto	40.00	1:29:18	2:13	28	22:23	178	26:54	41.76	2:23:19	3:25	28	41:50	177	52:56
Wechsel R -> L	0.13	2:49	21:40	23	1:43	169	2:03	41.89	2:26:08	3:29	28	43:32	177	54:26
Rad 000	40.13	1:32:07	2:17	28	24:05	177	28:52	41.89	2:26:08	3:29	28	43:32	177	54:26
Lauf	10.00	1:06:20	6:37	28	23:41	184	28:09	51.89	3:32:28	4:05	28	1:03:07	182	1:17:47