



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Dagaeva, Elizaveta

000: 3:28:45

00: Berlin

00: 159

00: 51.89 km

Olympisch

0000:

AK2 / TW 25

00000/000: 206 (of 236)

00000/0: 30 (of 38)

000000: 2:37:05

00000: 5(of 6)

0000000: 2:45:50

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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	42:35	28:23	4	7:33	28	17:01	1.50	42:35	28:23	4	7:33	28	17:01
Wechsel S -> R	0.26	4:20	16:39	6	2:11	31	3:04	1.76	46:55	26:39	4	9:40	29	17:23
Schwimmen 000	1.76	46:55	26:39	4	9:40	29	17:23	1.76	46:55	26:39	4	9:40	29	17:23
Rad netto	40.00	1:30:20	2:15	5	13:06	30	17:41	41.76	2:17:15	3:17	5	22:34	32	32:54
Wechsel R -> L	0.13	1:32	11:47	3	0:12	12	0:35	41.89	2:18:47	3:18	5	22:42	30	33:29
Rad 000	40.13	1:31:52	2:17	5	13:14	29	17:40	41.89	2:18:47	3:18	5	22:42	30	33:29
Lauf	10.00	1:09:58	6:59	6	20:13	34	20:55	51.89	3:28:45	4:01	5	42:55	30	51:40