



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Stratmann, Pierre

000: 3:33:45

00: Bünde

00: 328

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 214 (of 236)

00000/0: 181 (of 198)

000000: 2:14:41

00000: 40(of 45)

0000000: 2:14:41

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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	55:58	37:18	44	31:16	192	31:16	1.50	55:58	37:18	44	31:16	192	31:16
Wechsel S -> R	0.26	3:40	14:06	27	2:20	127	2:20	1.76	59:38	33:52	44	32:43	193	32:43
Schwimmen 000	1.76	59:38	33:52	44	32:43	193	32:43	1.76	59:38	33:52	44	32:43	193	32:43
Rad netto	40.00	1:26:31	2:09	38	24:07	173	24:07	41.76	2:26:09	3:29	41	55:46	183	55:46
Wechsel R -> L	0.13	3:29	26:47	40	2:38	180	2:43	41.89	2:29:38	3:34	41	57:56	183	57:56
Rad 000	40.13	1:30:00	2:14	38	26:45	173	26:45	41.89	2:29:38	3:34	41	57:56	183	57:56
Lauf	10.00	1:04:07	6:24	38	22:36	168	25:56	51.89	3:33:45	4:07	40	1:19:04	183	1:19:04