



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Dalichow, Uwe

□□□: 2:32:11

□□: Berlin

□□: 160

□□: 51.89 km

Olympisch

□□□□:

SEN2 / TM 45

□□□□□/□□□: 18 (of 236)

□□□□□/□: 18 (of 198)

□□□□□□: 2:14:41

□□□□□: 3(of 28)

□□□□□□□: 2:23:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.50	36:20	24:13	12	9:06	72	11:38	1.50	36:20	24:13	12	9:06	72	11:38
Wechsel S -> R	0.26	2:03	7:53	3	0:23	21	0:43	1.76	38:23	21:48	9	8:47	59	11:28
Schwimmen □□□	1.76	38:23	21:48	9	8:47	59	11:28	1.76	38:23	21:48	9	8:47	59	11:28
Rad netto	40.00	1:09:05	1:43	4	0:42	17	6:41	41.76	1:47:28	2:34	6	9:21	33	17:05
Wechsel R -> L	0.13	1:18	10:00	5	0:28	42	0:32	41.89	1:48:46	2:35	6	9:49	33	17:04
Rad □□□	40.13	1:10:23	1:45	3	1:10	16	7:08	41.89	1:48:46	2:35	6	9:49	33	17:04
Lauf	10.00	43:25	4:20	2	0:37	10	5:14	51.89	2:32:11	2:55	3	8:30	18	17:30