



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Hennecke, Fabian

000: 3:39:06

00: Berlin

00: 198

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 219 (of 236)

00000/0: 184 (of 198)

000000: 2:14:41

00000: 29(of 30)

0000000: 2:17:44

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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	45:54	30:35	29	17:55	175	21:12	1.50	45:54	30:35	29	17:55	175	21:12
Wechsel S -> R	0.26	6:06	23:27	28	4:17	185	4:46	1.76	52:00	29:32	29	22:12	180	25:05
Schwimmen 000	1.76	52:00	29:32	29	22:12	180	25:05	1.76	52:00	29:32	29	22:12	180	25:05
Rad netto	40.00	1:34:51	2:22	28	29:31	182	32:27	41.76	2:26:51	3:30	28	50:38	184	56:28
Wechsel R -> L	0.13	4:10	32:03	27	3:17	188	3:24	41.89	2:31:01	3:36	28	53:47	185	59:19
Rad 000	40.13	1:39:01	2:28	28	32:40	182	35:46	41.89	2:31:01	3:36	28	53:47	185	59:19
Lauf	10.00	1:08:05	6:48	29	27:35	187	29:54	51.89	3:39:06	4:13	29	1:21:22	186	1:24:25