



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Wegner, Jens

000: 2:56:31

00: Berlin

00: 355

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 124 (of 236)

00000/0: 112 (of 198)

000000: 2:14:41

00000: 17(of 28)

0000000: 2:23:41

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	34:36	23:03	9	7:22	50	9:54	1.50	34:36	23:03	9	7:22	50	9:54
Wechsel S -> R	0.26	4:09	15:57	24	2:29	155	2:49	1.76	38:45	22:01	10	9:09	65	11:50
Schwimmen 000	1.76	38:45	22:01	10	9:09	65	11:50	1.76	38:45	22:01	10	9:09	65	11:50
Rad netto	40.00	1:17:44	1:56	18	9:21	119	15:20	41.76	1:56:29	2:47	17	18:22	91	26:06
Wechsel R -> L	0.13	2:05	16:01	14	1:15	136	1:19	41.89	1:58:34	2:49	17	19:37	91	26:52
Rad 000	40.13	1:19:49	1:59	18	10:36	121	16:34	41.89	1:58:34	2:49	17	19:37	91	26:52
Lauf	10.00	57:57	5:47	17	15:09	134	19:46	51.89	2:56:31	3:24	17	32:50	112	41:50