



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Dekreon, Lisa-Marie

000: 3:37:23

00: Berlin

00: 163

00: 51.89 km

Olympisch

0000:

AK3 / TW 30

00000/000: 217 (of 236)

00000/0: 35 (of 38)

000000: 2:37:05

00000: 10(of 10)

0000000: 2:47:33

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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	39:06	26:03	4	4:26	17	13:32	1.50	39:06	26:03	4	4:26	17	13:32
Wechsel S -> R	0.26	7:14	27:49	10	5:01	38	5:58	1.76	46:20	26:19	9	6:59	27	16:48
Schwimmen 000	1.76	46:20	26:19	9	6:59	27	16:48	1.76	46:20	26:19	9	6:59	27	16:48
Rad netto	40.00	1:38:14	2:27	10	21:16	37	25:35	41.76	2:24:34	3:27	10	28:15	34	40:13
Wechsel R -> L	0.13	2:12	16:55	8	1:01	30	1:15	41.89	2:26:46	3:30	10	28:43	34	41:28
Rad 000	40.13	1:40:26	2:30	10	21:44	37	26:14	41.89	2:26:46	3:30	10	28:43	34	41:28
Lauf	10.00	1:10:37	7:03	9	21:34	35	21:34	51.89	3:37:23	4:11	10	49:50	35	1:00:18