



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Braatz, Frank

000: 3:41:58

00: IHW Alex Berlin

00: 375

00: 51.89 km

Olympisch

0000:

SEN4 / TM 55

00000/000: 220 (of 236)

00000/0: 185 (of 198)

000000: 2:14:41

00000: 4(of 4)

0000000: 2:55:07

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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	44:08	29:25	4	9:18	167	19:26	1.50	44:08	29:25	4	9:18	167	19:26
Wechsel S -> R	0.26	4:43	18:08	4	1:47	168	3:23	1.76	48:51	27:45	4	10:40	168	21:56
Schwimmen 000	1.76	48:51	27:45	4	10:40	168	21:56	1.76	48:51	27:45	4	10:40	168	21:56
Rad netto	40.00	1:36:31	2:24	4	25:08	186	34:07	41.76	2:25:22	3:28	4	35:48	180	54:59
Wechsel R -> L	0.13	2:52	22:03	4	0:55	171	2:06	41.89	2:28:14	3:32	4	36:41	179	56:32
Rad 000	40.13	1:39:23	2:28	4	26:01	184	36:08	41.89	2:28:14	3:32	4	36:41	179	56:32
Lauf	10.00	1:13:44	7:22	4	13:31	192	35:33	51.89	3:41:58	4:16	4	46:51	187	1:27:17