



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Hädicke, Mario

000: 2:32:43

00: Lübben

00: 193

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 19 (of 236)

00000/0: 19 (of 198)

000000: 2:14:41

00000: 5(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	32:55	21:56	6	4:56	37	8:13	1.50	32:55	21:56	6	4:56	37	8:13
Wechsel S -> R	0.26	2:44	10:30	10	0:55	60	1:24	1.76	35:39	20:15	6	5:51	37	8:44
Schwimmen 000	1.76	35:39	20:15	6	5:51	37	8:44	1.76	35:39	20:15	6	5:51	37	8:44
Rad netto	40.00	1:12:07	1:48	11	6:47	52	9:43	41.76	1:47:46	2:34	5	11:33	36	17:23
Wechsel R -> L	0.13	1:05	8:19	5	0:12	20	0:19	41.89	1:48:51	2:35	5	11:37	35	17:09
Rad 000	40.13	1:13:12	1:49	10	6:51	44	9:57	41.89	1:48:51	2:35	5	11:37	35	17:09
Lauf	10.00	43:52	4:23	3	3:22	13	5:41	51.89	2:32:43	2:56	5	14:59	19	18:02