



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Janotte, Ralf

000: 3:42:29

00: Berlin

00: 215

00: 51.89 km

Olympisch

0000:

SEN5 / TM 60

00000/000: 222 (of 236)

00000/0: 186 (of 198)

000000: 2:14:41

00000: 7(of 7)

0000000: 2:33:03

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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	56:05	37:23	7	26:46	193	31:23	1.50	56:05	37:23	7	26:46	193	31:23
Wechsel S -> R	0.26	3:40	14:06	6	1:45	127	2:20	1.76	59:45	33:56	7	28:31	194	32:50
Schwimmen 000	1.76	59:45	33:56	7	28:31	194	32:50	1.76	59:45	33:56	7	28:31	194	32:50
Rad netto	40.00	1:39:44	2:29	7	27:42	190	37:20	41.76	2:39:29	3:49	7	56:13	192	1:09:06
Wechsel R -> L	0.13	1:43	13:12	4	0:34	89	0:57	41.89	2:41:12	3:50	7	56:43	191	1:09:30
Rad 000	40.13	1:41:27	2:31	7	28:12	188	38:12	41.89	2:41:12	3:50	7	56:43	191	1:09:30
Lauf	10.00	1:01:17	6:07	6	12:43	155	23:06	51.89	3:42:29	4:17	7	1:09:26	188	1:27:48