



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Lehmann, Karina

000: 3:42:05

00: ESV Lok Beucha

00: 389

00: 51.89 km

Olympisch

0000:

SEN3 / TW 50

00000/000: 221 (of 236)

00000/0: 36 (of 38)

000000: 2:37:05

00000: 4(of 5)

0000000: 2:48:39

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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	43:20	28:53	4	17:46	29	17:46	1.50	43:20	28:53	4	17:46	29	17:46
Wechsel S -> R	0.26	5:47	22:14	5	3:42	36	4:31	1.76	49:07	27:54	4	19:35	33	19:35
Schwimmen 000	1.76	49:07	27:54	4	19:35	33	19:35	1.76	49:07	27:54	4	19:35	33	19:35
Rad netto	40.00	1:43:35	2:35	5	30:56	38	30:56	41.76	2:32:42	3:39	5	39:24	37	48:21
Wechsel R -> L	0.13	2:05	16:01	4	0:32	27	1:08	41.89	2:34:47	3:41	5	39:39	37	49:29
Rad 000	40.13	1:45:40	2:37	5	31:28	38	31:28	41.89	2:34:47	3:41	5	39:39	37	49:29
Lauf	10.00	1:07:18	6:43	4	14:44	32	18:15	51.89	3:42:05	4:16	4	53:26	36	1:05:00