



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Tropenz, Mario

000: 3:46:39

00: Berlin

00: 342

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 225 (of 236)

00000/0: 189 (of 198)

000000: 2:14:41

00000: 26(of 28)

0000000: 2:23:41

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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	50:34	33:42	26	23:20	186	25:52	1.50	50:34	33:42	26	23:20	186	25:52
Wechsel S -> R	0.26	6:55	26:36	26	5:15	188	5:35	1.76	57:29	32:39	26	27:53	191	30:34
Schwimmen 000	1.76	57:29	32:39	26	27:53	191	30:34	1.76	57:29	32:39	26	27:53	191	30:34
Rad netto	40.00	1:37:07	2:25	26	28:44	187	34:43	41.76	2:34:36	3:42	26	56:29	189	1:04:13
Wechsel R -> L	0.13	3:43	28:35	26	2:53	186	2:57	41.89	2:38:19	3:46	26	59:22	188	1:06:37
Rad 000	40.13	1:40:50	2:30	26	31:37	187	37:35	41.89	2:38:19	3:46	26	59:22	188	1:06:37
Lauf	10.00	1:08:20	6:49	25	25:32	188	30:09	51.89	3:46:39	4:22	26	1:22:58	191	1:31:58