



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Schröer, Dennis

□□□: 4:48:38

□□: Schönefeld

□□: 67

□□: 116.79 km

Mittel Distanz

□□□□□/□□□: 3 (of 87)

□□□□□/□: 3 (of 76)

□□□□□□: 4:35:09

□□□□:

AK4 / TM 35

□□□□□: 2(of 14)

□□□□□□□: 4:47:27

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.90     | 29:46    | 15:39        | 2       | 1:13    | 7       | 28:13   | 1.90   | 29:46     | 15:39         | 2       | 1:13    | 7       | 28:13   |
| Wechsel S -> R | 0.26     | 1:37     | 6:13         | 1       | -       | 1       | -       | 2.16   | 31:23     | 14:31         | 2       | 0:11    | 6       | 0:53    |
| Schwimmen □□□  | 2.16     | 31:23    | 14:31        | 2       | 0:11    | 6       | 0:53    | 2.16   | 31:23     | 14:31         | 2       | 0:11    | 6       | 0:53    |
| Rad netto      | 93.00    | 2:41:49  | 1:44         | 1       | -       | 5       | 30:15   | 95.16  | 3:13:12   | 2:01          | 2       | 0:06    | 6       | 19:49   |
| Wechsel R -> L | 0.13     | 1:12     | 9:13         | 1       | -       | 5       | 0:11    | 95.29  | 3:14:24   | 2:02          | 2       | 0:03    | 5       | 6:00    |
| Rad □□□        | 93.13    | 2:43:01  | 1:45         | 1       | -       | 4       | 15:39   | 95.29  | 3:14:24   | 2:02          | 2       | 0:03    | 5       | 6:00    |
| Lauf           | 21.50    | 1:34:14  | 4:22         | 2       | 1:08    | 4       | 7:29    | 116.79 | 4:48:38   | 2:28          | 2       | 1:11    | 3       | 13:29   |