



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Arndt, Ina

000: 3:48:54

00: Berlin

00: 131

00: 51.89 km

Olympisch

0000:

SEN3 / TW 50

00000/000: 226 (of 236)

00000/0: 37 (of 38)

000000: 2:37:05

00000: 5(of 5)

0000000: 2:48:39

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0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	46:33	31:01	5	20:59	36	20:59	1.50	46:33	31:01	5	20:59	36	20:59	
Wechsel S -> R	0.26	3:58	15:15	3	1:53	23	2:42	1.76	50:31	28:42	5	20:59	36	20:59	
Schwimmen 000	1.76	50:31	28:42	5	20:59	36	20:59	1.76	50:31	28:42	5	20:59	36	20:59	
Rad netto	40.00	1:33:14	2:19	4	20:35	33	20:35	41.76	2:23:45	3:26	4	30:27	33	39:24	
Wechsel R -> L	0.13	4:33	35:00	5	3:00	38	3:36	41.89	2:28:18	3:32	4	33:10	35	43:00	
Rad 000	40.13	1:37:47	2:26	4	23:35	35	23:35	41.89	2:28:18	3:32	4	33:10	35	43:00	
Lauf	10.00	1:20:36	8:03	5	28:02	38	31:33	51.89	3:48:54	4:24	5	1:00:15	37	1:11:49	