



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Hoffmann, Steve

000: 3:54:48

00: Berlin

00: 206

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 227 (of 236)

00000/0: 190 (of 198)

000000: 2:14:41

00000: 43(of 45)

0000000: 2:14:41

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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	43:30	29:00	38	18:48	162	18:48	1.50	43:30	29:00	38	18:48	162	18:48
Wechsel S -> R	0.26	5:34	21:24	41	4:14	182	4:14	1.76	49:04	27:52	38	22:09	169	22:09
Schwimmen 000	1.76	49:04	27:52	38	22:09	169	22:09	1.76	49:04	27:52	38	22:09	169	22:09
Rad netto	40.00	1:38:07	2:27	42	35:43	189	35:43	41.76	2:27:11	3:31	42	56:48	185	56:48
Wechsel R -> L	0.13	3:36	27:41	43	2:45	184	2:50	41.89	2:30:47	3:35	42	59:05	184	59:05
Rad 000	40.13	1:41:43	2:32	42	38:28	189	38:28	41.89	2:30:47	3:35	42	59:05	184	59:05
Lauf	10.00	1:24:01	8:24	43	42:30	193	45:50	51.89	3:54:48	4:31	43	1:40:07	192	1:40:07