



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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**Zeiske, Ronny**

000: 4:55:31

00: Berlin

00: 79

00: 116.79 km

Mittel Distanz

0000:

SEN3 / TM 50

00000/000: 4 (of 87)

00000/0: 4 (of 76)

000000: 4:35:09

00000: 1(of 9)

0000000: 4:55:31

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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	1.90	28:23	14:56	1	-	4	26:50	1.90	28:23	14:56	1	-	4	26:50
Wechsel S -> R	0.26	2:07	8:08	2	0:14	4	0:30	2.16	30:30	14:07	1	-	1	-
Schwimmen 000	2.16	30:30	14:07	1	-	1	-	2.16	30:30	14:07	1	-	1	-
Rad netto	93.00	2:41:33	1:44	1	-	4	29:59	95.16	3:12:03	2:01	1	-	4	18:40
Wechsel R -> L	0.13	1:10	8:58	1	-	4	0:09	95.29	3:13:13	2:01	1	-	3	4:49
Rad 000	93.13	2:42:43	1:44	1	-	3	15:21	95.29	3:13:13	2:01	1	-	3	4:49
Lauf	21.50	1:42:18	4:45	1	-	12	15:33	116.79	4:55:31	2:31	1	-	4	20:22