



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Kressin, Reiko

000: 2:32:59

00: SV Stahl Hennigsdorf

00: 388

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 20 (of 236)

00000/0: 20 (of 198)

000000: 2:14:41

00000: 4(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	29:35	19:43	3	2:21	20	4:53	1.50	29:35	19:43	3	2:21	20	4:53
Wechsel S -> R	0.26	2:41	10:19	5	1:01	52	1:21	1.76	32:16	18:19	4	2:40	23	5:21
Schwimmen 000	1.76	32:16	18:19	4	2:40	23	5:21	1.76	32:16	18:19	4	2:40	23	5:21
Rad netto	40.00	1:10:44	1:46	7	2:21	29	8:20	41.76	1:43:00	2:27	3	4:53	17	12:37
Wechsel R -> L	0.13	1:08	8:43	4	0:18	30	0:22	41.89	1:44:08	2:29	3	5:11	17	12:26
Rad 000	40.13	1:11:52	1:47	5	2:39	25	8:37	41.89	1:44:08	2:29	3	5:11	17	12:26
Lauf	10.00	48:51	4:53	6	6:03	51	10:40	51.89	2:32:59	2:56	4	9:18	20	18:18