



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Hodel, Annegret

000: 3:55:06

00: Berlin

00: 222

00: 51.89 km

Olympisch

0000:

AK4 / TW 35

00000/000: 228 (of 236)

00000/0: 38 (of 38)

000000: 2:37:05

00000: 5(of 5)

0000000: 2:37:05

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0000

000

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	51:58	34:38	5	23:30	38	26:24	1.50	51:58	34:38	5	23:30	38	26:24	
Wechsel S -> R	0.26	5:44	22:03	5	4:28	35	4:28	1.76	57:42	32:47	5	27:58	38	28:10	
Schwimmen 000	1.76	57:42	32:47	5	27:58	38	28:10	1.76	57:42	32:47	5	27:58	38	28:10	
Rad netto	40.00	1:35:52	2:23	5	22:28	36	23:13	41.76	2:33:34	3:40	5	49:13	38	49:13	
Wechsel R -> L	0.13	2:30	19:13	4	1:33	32	1:33	41.89	2:36:04	3:43	5	50:46	38	50:46	
Rad 000	40.13	1:38:22	2:27	5	24:01	36	24:10	41.89	2:36:04	3:43	5	50:46	38	50:46	
Lauf	10.00	1:19:02	7:54	5	28:16	37	29:59	51.89	3:55:06	4:31	5	1:18:01	38	1:18:01	