



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Beckmann, Christian

000: 5:05:55

00: Dresden

00: 6

00: 116.79 km

Mittel Distanz

0000:

SEN3 / TM 50

00000/000: 7 (of 87)

00000/0: 7 (of 76)

000000: 4:35:09

00000: 2(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	32:11	16:56	2	3:48	9	30:38	1.90	32:11	16:56	2	3:48	9	30:38
Wechsel S -> R	0.26	1:53	7:14	1	-	3	0:16	2.16	34:04	15:46	2	3:34	7	3:34
Schwimmen 000	2.16	34:04	15:46	2	3:34	7	3:34	2.16	34:04	15:46	2	3:34	7	3:34
Rad netto	93.00	2:43:17	1:45	2	1:44	7	31:43	95.16	3:17:21	2:04	2	5:18	7	23:58
Wechsel R -> L	0.13	1:24	10:46	2	0:14	13	0:23	95.29	3:18:45	2:05	2	5:32	6	10:21
Rad 000	93.13	2:44:41	1:46	2	1:58	6	17:19	95.29	3:18:45	2:05	2	5:32	6	10:21
Lauf	21.50	1:47:10	4:59	4	4:52	21	20:25	116.79	5:05:55	2:37	2	10:24	7	30:46