



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Mueller, Falk

000: 5:07:23

00: Darmstadt

00: 46

00: 116.79 km

Mittel Distanz

00000/000: 8 (of 87)

00000/0: 8 (of 76)

000000: 4:35:09

0000:

00000: 1(of 9)

SEN2 / TM 45

0000000: 5:07:23

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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	34:33	18:11	3	6:11	14	33:00	1.90	34:33	18:11	3	6:11	14	33:00
Wechsel S -> R	0.26	2:48	10:46	3	0:33	25	1:11	2.16	37:21	17:17	3	6:44	13	6:51
Schwimmen 000	2.16	37:21	17:17	3	6:44	13	6:51	2.16	37:21	17:17	3	6:44	13	6:51
Rad netto	93.00	2:49:22	1:49	1	-	17	37:48	95.16	3:26:43	2:10	1	-	13	33:20
Wechsel R -> L	0.13	1:29	11:24	3	0:21	15	0:28	95.29	3:28:12	2:11	1	-	12	19:48
Rad 000	93.13	2:50:51	1:50	1	-	14	23:29	95.29	3:28:12	2:11	1	-	12	19:48
Lauf	21.50	1:39:11	4:36	1	-	7	12:26	116.79	5:07:23	2:37	1	-	8	32:14