



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Mielke, Karsten

000: 2:33:03

00: Berlin

00: 268

00: 51.89 km

Olympisch

0000:

SEN5 / TM 60

00000/000: 21 (of 236)

00000/0: 21 (of 198)

000000: 2:14:41

00000: 1(of 7)

0000000: 2:33:03

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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	29:19	19:32	1	-	17	4:37	1.50	29:19	19:32	1	-	17	4:37
Wechsel S -> R	0.26	1:55	7:22	1	-	13	0:35	1.76	31:14	17:44	1	-	17	4:19
Schwimmen 000	1.76	31:14	17:44	1	-	17	4:19	1.76	31:14	17:44	1	-	17	4:19
Rad netto	40.00	1:12:02	1:48	1	-	48	9:38	41.76	1:43:16	2:28	1	-	18	12:53
Wechsel R -> L	0.13	1:13	9:21	2	0:04	38	0:27	41.89	1:44:29	2:29	1	-	18	12:47
Rad 000	40.13	1:13:15	1:49	1	-	46	10:00	41.89	1:44:29	2:29	1	-	18	12:47
Lauf	10.00	48:34	4:51	1	-	46	10:23	51.89	2:33:03	2:56	1	-	21	18:22