



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Tollert, Markus

000: 5:19:22

00: TempoSport

00: 91

00: 116.79 km

Mittel Distanz

0000:

AK2 / TM 25

00000/000: 13 (of 87)

00000/0: 13 (of 76)

000000: 4:35:09

00000: 4(of 9)

0000000: 4:35:09

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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	38:54	20:28	5	10:35	39	37:21	1.90	38:54	20:28	5	10:35	39	37:21
Wechsel S -> R	0.26	5:48	22:18	9	4:02	73	4:11	2.16	44:42	20:41	6	14:11	49	14:12
Schwimmen 000	2.16	44:42	20:41	6	14:11	49	14:12	2.16	44:42	20:41	6	14:11	49	14:12
Rad netto	93.00	2:45:51	1:46	2	10:08	9	34:17	95.16	3:30:33	2:12	3	23:40	17	37:10
Wechsel R -> L	0.13	2:30	19:13	8	1:17	54	1:29	95.29	3:33:03	2:14	3	24:39	17	24:39
Rad 000	93.13	2:48:21	1:48	2	11:07	9	20:59	95.29	3:33:03	2:14	3	24:39	17	24:39
Lauf	21.50	1:46:19	4:56	3	19:34	20	19:34	116.79	5:19:22	2:44	4	44:13	13	44:13