



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Rensch, Danny Rensch

000: 5:20:25

00: TV Fürstenwalde

00: 87

00: 116.79 km

Mittel Distanz

0000:

SEN1 / TM 40

00000/000: 14 (of 87)

00000/0: 14 (of 76)

000000: 4:35:09

00000: 3(of 14)

0000000: 4:58:13

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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	32:05	16:53	2	30:32	8	30:32	1.90	32:05	16:53	2	30:32	8	30:32
Wechsel S -> R	0.26	3:43	14:17	11	1:26	52	2:06	2.16	35:48	16:34	2	1:10	9	5:18
Schwimmen 000	2.16	35:48	16:34	2	1:10	9	5:18	2.16	35:48	16:34	2	1:10	9	5:18
Rad netto	93.00	2:51:38	1:50	5	27:46	23	40:04	95.16	3:27:26	2:10	4	19:14	14	34:03
Wechsel R -> L	0.13	1:45	13:27	5	0:26	26	0:44	95.29	3:29:11	2:11	4	17:29	13	20:47
Rad 000	93.13	2:53:23	1:51	5	26:01	22	26:01	95.29	3:29:11	2:11	4	17:29	13	20:47
Lauf	21.50	1:51:14	5:10	6	17:38	30	24:29	116.79	5:20:25	2:44	3	22:12	14	45:16