



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Nitz, Hendrik

000: 5:21:40

00: SV Halle

00: 85

00: 116.79 km

Mittel Distanz

00000/000: 15 (of 87)

00000/0: 15 (of 76)

000000: 4:35:09

0000:

SEN1 / TM 40

00000: 4(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	42:37	22:25	13	41:04	62	41:04	1.90	42:37	22:25	13	41:04	62	41:04
Wechsel S -> R	0.26	2:17	8:46	1	-	10	0:40	2.16	44:54	20:47	11	10:16	53	14:24
Schwimmen 000	2.16	44:54	20:47	11	10:16	53	14:24	2.16	44:54	20:47	11	10:16	53	14:24
Rad netto	93.00	2:49:50	1:49	4	25:58	20	38:16	95.16	3:34:44	2:15	6	26:32	27	41:21
Wechsel R -> L	0.13	1:21	10:23	2	0:02	11	0:20	95.29	3:36:05	2:16	5	24:23	25	27:41
Rad 000	93.13	2:51:11	1:50	4	23:49	16	23:49	95.29	3:36:05	2:16	5	24:23	25	27:41
Lauf	21.50	1:45:35	4:54	4	11:59	19	18:50	116.79	5:21:40	2:45	4	23:27	15	46:31