



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Badelt, Reik

000: 5:21:43

00: Nürnberg

00: 4

00: 116.79 km

Mittel Distanz

00000/000: 16 (of 87)

00000/0: 16 (of 76)

000000: 4:35:09

0000:

AK3 / TM 30

00000: 3(of 17)

0000000: 5:03:54

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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	42:40	22:27	15	6:32	64	41:07	1.90	42:40	22:27	15	6:32	64	41:07
Wechsel S -> R	0.26	2:38	10:07	4	0:22	19	1:01	2.16	45:18	20:58	13	6:46	56	14:48
Schwimmen 000	2.16	45:18	20:58	13	6:46	56	14:48	2.16	45:18	20:58	13	6:46	56	14:48
Rad netto	93.00	2:44:34	1:46	2	33:00	8	33:00	95.16	3:29:52	2:12	4	36:29	16	36:29
Wechsel R -> L	0.13	1:48	13:50	9	0:47	29	0:47	95.29	3:31:40	2:13	3	4:03	15	23:16
Rad 000	93.13	2:46:22	1:47	1	-	7	19:00	95.29	3:31:40	2:13	3	4:03	15	23:16
Lauf	21.50	1:50:03	5:07	5	13:46	28	23:18	116.79	5:21:43	2:45	3	17:49	16	46:34