



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Finck, Matthias

000: 5:25:36

00: Berlin

00: 19

00: 116.79 km

Mittel Distanz

00000/000: 24 (of 87)

00000/0: 23 (of 76)

000000: 4:35:09

0000:

SEN2 / TM 45

00000: 2(of 9)

0000000: 5:07:23

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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	39:42	20:53	7	11:20	48	38:09	1.90	39:42	20:53	7	11:20	48	38:09
Wechsel S -> R	0.26	3:08	12:03	5	0:53	38	1:31	2.16	42:50	19:49	7	12:13	42	12:20
Schwimmen 000	2.16	42:50	19:49	7	12:13	42	12:20	2.16	42:50	19:49	7	12:13	42	12:20
Rad netto	93.00	2:55:49	1:53	4	6:27	38	44:15	95.16	3:38:39	2:17	4	11:56	39	45:16
Wechsel R -> L	0.13	1:42	13:04	5	0:34	23	0:41	95.29	3:40:21	2:18	4	12:09	35	31:57
Rad 000	93.13	2:57:31	1:54	4	6:40	33	30:09	95.29	3:40:21	2:18	4	12:09	35	31:57
Lauf	21.50	1:45:15	4:53	3	6:04	18	18:30	116.79	5:25:36	2:47	2	18:13	23	50:27