



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Heller, Sebastian

000: 5:25:27

00: Schöneiche

00: 27

00: 116.79 km

Mittel Distanz

00000/000: 23 (of 87)

00000/0: 22 (of 76)

000000: 4:35:09

0000:

AK3 / TM 30

00000: 5(of 17)

0000000: 5:03:54

0000

0000

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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	37:49	19:54	8	1:41	31	36:16	1.90	37:49	19:54	8	1:41	31	36:16
Wechsel S -> R	0.26	3:16	12:33	10	1:00	40	1:39	2.16	41:05	19:01	6	2:33	28	10:35
Schwimmen 000	2.16	41:05	19:01	6	2:33	28	10:35	2.16	41:05	19:01	6	2:33	28	10:35
Rad netto	93.00	2:58:59	1:55	10	47:25	41	47:25	95.16	3:40:04	2:18	10	46:41	40	46:41
Wechsel R -> L	0.13	1:04	8:12	2	0:03	2	0:03	95.29	3:41:08	2:19	9	13:31	39	32:44
Rad 000	93.13	3:00:03	1:55	8	13:41	37	32:41	95.29	3:41:08	2:19	9	13:31	39	32:44
Lauf	21.50	1:44:19	4:51	4	8:02	16	17:34	116.79	5:25:27	2:47	5	21:33	22	50:18