



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Jaenicke, Marco

000: 5:27:27

00: Woltersdorf

00: 30

00: 116.79 km

Mittel Distanz

00000/000: 26 (of 87)

00000/0: 25 (of 76)

000000: 4:35:09

0000:

AK4 / TM 35

00000: 4(of 14)

0000000: 4:47:27

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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	40:27	21:17	10	11:54	50	38:54	1.90	40:27	21:17	10	11:54	50	38:54
Wechsel S -> R	0.26	2:32	9:44	3	0:55	17	0:55	2.16	42:59	19:53	9	11:47	44	12:29
Schwimmen 000	2.16	42:59	19:53	9	11:47	44	12:29	2.16	42:59	19:53	9	11:47	44	12:29
Rad netto	93.00	2:49:32	1:49	5	7:43	18	37:58	95.16	3:32:31	2:13	7	19:25	24	39:08
Wechsel R -> L	0.13	2:08	16:24	7	0:56	41	1:07	95.29	3:34:39	2:15	7	20:18	23	26:15
Rad 000	93.13	2:51:40	1:50	4	8:39	19	24:18	95.29	3:34:39	2:15	7	20:18	23	26:15
Lauf	21.50	1:52:48	5:14	6	19:42	33	26:03	116.79	5:27:27	2:48	4	40:00	25	52:18