



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Kietzmann, Kati

000: 5:24:24

00: Lg eXa

00: 99

00: 116.79 km

Mittel Distanz

00000/000: 20 (of 87)

00000/0: 1 (of 11)

000000: 5:24:24

0000:

AK2 / TW 25

00000: 1(of 4)

0000000: 5:24:24

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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	36:41	19:18	2	1:58	2	1:58	1.90	36:41	19:18	2	1:58	2	1:58
Wechsel S -> R	0.26	2:44	10:30	2	0:51	2	0:51	2.16	39:25	18:14	2	2:49	2	2:49
Schwimmen 000	2.16	39:25	18:14	2	2:49	2	2:49	2.16	39:25	18:14	2	2:49	2	2:49
Rad netto	93.00	3:05:50	1:59	3	4:10	3	4:10	95.16	3:45:15	2:22	2	6:59	2	6:59
Wechsel R -> L	0.13	1:22	10:30	1	-	1	-	95.29	3:46:37	2:22	2	6:50	2	6:50
Rad 000	93.13	3:07:12	2:00	3	4:01	3	4:01	95.29	3:46:37	2:22	2	6:50	2	6:50
Lauf	21.50	1:37:47	4:32	1	-	1	-	116.79	5:24:24	2:46	1	-	1	-