



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Rademacher, David

□□□: 5:28:21

□□: Berlin

□□: 55

□□: 116.79 km

Mittel Distanz

□□□□□/□□□: 27 (of 87)

□□□□□/□: 26 (of 76)

□□□□□□: 4:35:09

□□□□:

AK4 / TM 35

□□□□□: 5(of 14)

□□□□□□□: 4:47:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.90	36:23	19:08	5	7:50	21	34:50	1.90	36:23	19:08	5	7:50	21	34:50
Wechsel S -> R	0.26	2:44	10:30	6	1:07	22	1:07	2.16	39:07	18:06	5	7:55	21	8:37
Schwimmen □□□	2.16	39:07	18:06	5	7:55	21	8:37	2.16	39:07	18:06	5	7:55	21	8:37
Rad netto	93.00	2:52:34	1:51	6	10:45	25	41:00	95.16	3:31:41	2:13	4	18:35	20	38:18
Wechsel R -> L	0.13	2:13	17:03	9	1:01	44	1:12	95.29	3:33:54	2:14	4	19:33	20	25:30
Rad □□□	93.13	2:54:47	1:52	6	11:46	26	27:25	95.29	3:33:54	2:14	4	19:33	20	25:30
Lauf	21.50	1:54:27	5:19	7	21:21	35	27:42	116.79	5:28:21	2:48	5	40:54	26	53:12