



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Reinhardt-Felbel, Daniel

000: 5:31:00

00: Jena

00: 86

00: 116.79 km

Mittel Distanz

00000/000: 29 (of 87)

00000/0: 28 (of 76)

000000: 4:35:09

0000:

AK4 / TM 35

00000: 6(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	34:43	18:16	4	6:10	15	33:10	1.90	34:43	18:16	4	6:10	15	33:10
Wechsel S -> R	0.26	2:43	10:26	5	1:06	21	1:06	2.16	37:26	17:19	4	6:14	14	6:56
Schwimmen 000	2.16	37:26	17:19	4	6:14	14	6:56	2.16	37:26	17:19	4	6:14	14	6:56
Rad netto	93.00	2:54:57	1:52	8	13:08	33	43:23	95.16	3:32:23	2:13	6	19:17	23	39:00
Wechsel R -> L	0.13	1:43	13:12	3	0:31	24	0:42	95.29	3:34:06	2:14	5	19:45	21	25:42
Rad 000	93.13	2:56:40	1:53	8	13:39	31	29:18	95.29	3:34:06	2:14	5	19:45	21	25:42
Lauf	21.50	1:56:54	5:26	8	23:48	40	30:09	116.79	5:31:00	2:50	6	43:33	28	55:51