



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Völkel, Christoph

000: 5:32:03

00: Berlin

00: 71

00: 116.79 km

Mittel Distanz

0000:

SEN3 / TM 50

00000/000: 30 (of 87)

00000/0: 29 (of 76)

000000: 4:35:09

00000: 4(of 9)

0000000: 4:55:31

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.90	42:25	22:19	4	14:02	59	40:52	1.90	42:25	22:19	4	14:02	59	40:52
Wechsel S -> R	0.26	3:27	13:16	4	1:34	44	1:50	2.16	45:52	21:14	4	15:22	59	15:22
Schwimmen 000	2.16	45:52	21:14	4	15:22	59	15:22	2.16	45:52	21:14	4	15:22	59	15:22
Rad netto	93.00	2:49:05	1:49	3	7:32	14	37:31	95.16	3:34:57	2:15	3	22:54	30	41:34
Wechsel R -> L	0.13	3:00	23:04	7	1:50	66	1:59	95.29	3:37:57	2:17	3	24:44	30	29:33
Rad 000	93.13	2:52:05	1:50	3	9:22	21	24:43	95.29	3:37:57	2:17	3	24:44	30	29:33
Lauf	21.50	1:54:06	5:18	5	11:48	34	27:21	116.79	5:32:03	2:50	4	36:32	29	56:54