



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Gärtner, Olaf

000: 5:33:37

00: MSV TRIPOINT Frankfurt (Oder) e.V.

00: 92

00: 116.79 km

Mittel Distanz

00000/000: 33 (of 87)

00000/0: 32 (of 76)

000000: 4:35:09

0000:

SEN2 / TM 45

00000: 4(of 9)

0000000: 5:07:23

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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	32:16	16:58	2	3:54	10	30:43	1.90	32:16	16:58	2	3:54	10	30:43
Wechsel S -> R	0.26	3:45	14:25	7	1:30	54	2:08	2.16	36:01	16:40	2	5:24	10	5:31
Schwimmen 000	2.16	36:01	16:40	2	5:24	10	5:31	2.16	36:01	16:40	2	5:24	10	5:31
Rad netto	93.00	3:09:33	2:02	7	20:11	56	57:59	95.16	3:45:34	2:22	6	18:51	48	52:11
Wechsel R -> L	0.13	3:09	24:13	8	2:01	67	2:08	95.29	3:48:43	2:24	6	20:31	46	40:19
Rad 000	93.13	3:12:42	2:04	8	21:51	57	45:20	95.29	3:48:43	2:24	6	20:31	46	40:19
Lauf	21.50	1:44:54	4:52	2	5:43	17	18:09	116.79	5:33:37	2:51	4	26:14	32	58:28