



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Sander, Dirk

000: 5:33:13

00: Wolfsburg

00: 62

00: 116.79 km

Mittel Distanz

00000/000: 31 (of 87)

00000/0: 30 (of 76)

000000: 4:35:09

0000:

SEN2 / TM 45

00000: 3(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	28:22	14:55	1	-	3	26:49	1.90	28:22	14:55	1	-	3	26:49
Wechsel S -> R	0.26	2:15	8:39	1	-	7	0:38	2.16	30:37	14:10	1	-	3	0:07
Schwimmen 000	2.16	30:37	14:10	1	-	3	0:07	2.16	30:37	14:10	1	-	3	0:07
Rad netto	93.00	3:09:53	2:02	8	20:31	57	58:19	95.16	3:40:30	2:19	5	13:47	43	47:07
Wechsel R -> L	0.13	1:08	8:43	1	-	3	0:07	95.29	3:41:38	2:19	5	13:26	40	33:14
Rad 000	93.13	3:11:01	2:03	7	20:10	53	43:39	95.29	3:41:38	2:19	5	13:26	40	33:14
Lauf	21.50	1:51:35	5:11	5	12:24	31	24:50	116.79	5:33:13	2:51	3	25:50	30	58:04