



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Kübler, Paul

000: 5:33:13

00: Oberboihingen

00: 37

00: 116.79 km

Mittel Distanz

0000:

AK3 / TM 30

00000/000: 32 (of 87)

00000/0: 30 (of 76)

000000: 4:35:09

00000: 8(of 17)

0000000: 5:03:54

0000

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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	40:31	21:19	13	4:23	51	38:58	1.90	40:31	21:19	13	4:23	51	38:58
Wechsel S -> R	0.26	4:49	18:31	16	2:33	69	3:12	2.16	45:20	20:59	14	6:48	57	14:50
Schwimmen 000	2.16	45:20	20:59	14	6:48	57	14:50	2.16	45:20	20:59	14	6:48	57	14:50
Rad netto	93.00	2:49:36	1:49	5	38:02	19	38:02	95.16	3:34:56	2:15	8	41:33	29	41:33
Wechsel R -> L	0.13	1:31	11:39	7	0:30	18	0:30	95.29	3:36:27	2:16	7	8:50	28	28:03
Rad 000	93.13	2:51:07	1:50	4	4:45	15	23:45	95.29	3:36:27	2:16	7	8:50	28	28:03
Lauf	21.50	1:56:46	5:25	7	20:29	39	30:01	116.79	5:33:13	2:51	8	29:19	30	58:04