



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Lehn, Alexander

□□□: 5:36:03

□□: Dresden

□□: 38

□□: 116.79 km

Mittel Distanz

□□□□□/□□□: 34 (of 87)

□□□□□/□: 33 (of 76)

□□□□□□: 4:35:09

□□□□:

SEN2 / TM 45

□□□□□: 5(of 9)

□□□□□□□: 5:07:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 1.90 | 39:15 | 20:39 | 6 | 10:53 | 43 | 37:42 | 1.90 | 39:15 | 20:39 | 6 | 10:53 | 43 | 37:42 |
| Wechsel S -> R | 0.26 | 3:06 | 11:55 | 4 | 0:51 | 36 | 1:29 | 2.16 | 42:21 | 19:36 | 6 | 11:44 | 38 | 11:51 |
| Schwimmen □□□ | 2.16 | 42:21 | 19:36 | 6 | 11:44 | 38 | 11:51 | 2.16 | 42:21 | 19:36 | 6 | 11:44 | 38 | 11:51 |
| Rad netto | 93.00 | 2:55:10 | 1:53 | 3 | 5:48 | 34 | 43:36 | 95.16 | 3:37:31 | 2:17 | 3 | 10:48 | 33 | 44:08 |
| Wechsel R -> L | 0.13 | 2:05 | 16:01 | 6 | 0:57 | 40 | 1:04 | 95.29 | 3:39:36 | 2:18 | 3 | 11:24 | 32 | 31:12 |
| Rad □□□ | 93.13 | 2:57:15 | 1:54 | 3 | 6:24 | 32 | 29:53 | 95.29 | 3:39:36 | 2:18 | 3 | 11:24 | 32 | 31:12 |
| Lauf | 21.50 | 1:56:27 | 5:24 | 6 | 17:16 | 38 | 29:42 | 116.79 | 5:36:03 | 2:52 | 5 | 28:40 | 33 | 1:00:54 |