



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Mertens, Fabian

000: 5:38:41

00: Kiel

00: 42

00: 116.79 km

Mittel Distanz

0000:

AK2 / TM 25

00000/000: 37 (of 87)

00000/0: 36 (of 76)

000000: 4:35:09

00000: 5(of 9)

0000000: 4:35:09

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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	42:12	22:12	7	13:53	56	40:39	1.90	42:12	22:12	7	13:53	56	40:39
Wechsel S -> R	0.26	2:44	10:30	4	0:58	22	1:07	2.16	44:56	20:48	7	14:25	54	14:26
Schwimmen 000	2.16	44:56	20:48	7	14:25	54	14:26	2.16	44:56	20:48	7	14:25	54	14:26
Rad netto	93.00	2:55:47	1:53	6	20:04	37	44:13	95.16	3:40:43	2:19	6	33:50	44	47:20
Wechsel R -> L	0.13	1:45	13:27	4	0:32	26	0:44	95.29	3:42:28	2:20	6	34:04	43	34:04
Rad 000	93.13	2:57:32	1:54	6	20:18	34	30:10	95.29	3:42:28	2:20	6	34:04	43	34:04
Lauf	21.50	1:56:13	5:24	6	29:28	36	29:28	116.79	5:38:41	2:53	5	1:03:32	36	1:03:32