



# Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Nütz, Andre

000: 5:39:15

00: Berlin

00: 49

00: 116.79 km

Mittel Distanz

00000/000: 38 (of 87)

00000/0: 37 (of 76)

000000: 4:35:09

0000:

SEN3 / TM 50

00000: 5(of 9)

0000000: 4:55:31

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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	48:21	25:26	7	19:58	74	46:48	1.90	48:21	25:26	7	19:58	74	46:48
Wechsel S -> R	0.26	3:37	13:54	6	1:44	50	2:00	2.16	51:58	24:03	7	21:28	73	21:28
Schwimmen 000	2.16	51:58	24:03	7	21:28	73	21:28	2.16	51:58	24:03	7	21:28	73	21:28
Rad netto	93.00	3:02:15	1:57	5	20:42	47	50:41	95.16	3:54:13	2:27	5	42:10	56	1:00:50
Wechsel R -> L	0.13	1:48	13:50	3	0:38	29	0:47	95.29	3:56:01	2:28	5	42:48	54	47:37
Rad 000	93.13	3:04:03	1:58	5	21:20	45	36:41	95.29	3:56:01	2:28	5	42:48	54	47:37
Lauf	21.50	1:43:14	4:48	2	0:56	13	16:29	116.79	5:39:15	2:54	5	43:44	37	1:04:06