



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Ulbricht, Arno

000: 2:33:55

00: Berlin

00: 345

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 24 (of 236)

00000/0: 24 (of 198)

000000: 2:14:41

00000: 8(of 45)

0000000: 2:14:41

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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	1.50	27:06	18:03	3	2:24	3	2:24	1.50	27:06	18:03	3	2:24	3	2:24
Wechsel S -> R	0.26	2:38	10:07	12	1:18	47	1:18	1.76	29:44	16:53	3	2:49	6	2:49
Schwimmen 000	1.76	29:44	16:53	3	2:49	6	2:49	1.76	29:44	16:53	3	2:49	6	2:49
Rad netto	40.00	1:14:07	1:51	19	11:43	73	11:43	41.76	1:43:51	2:29	8	13:28	20	13:28
Wechsel R -> L	0.13	0:56	7:10	4	0:05	13	0:10	41.89	1:44:47	2:30	8	13:05	20	13:05
Rad 000	40.13	1:15:03	1:52	18	11:48	65	11:48	41.89	1:44:47	2:30	8	13:05	20	13:05
Lauf	10.00	49:08	4:54	14	7:37	55	10:57	51.89	2:33:55	2:57	8	19:14	24	19:14