



# Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Reese, Ronny

000: 5:41:07

00: Berlin

00: 57

00: 116.79 km

Mittel Distanz

00000/000: 41 (of 87)

00000/0: 40 (of 76)

000000: 4:35:09

0000:

SEN1 / TM 40

00000: 7(of 14)

0000000: 4:58:13

0000

0000

000

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	38:33	20:17	6	37:00	34	37:00	1.90	38:33	20:17	6	37:00	34	37:00
Wechsel S -> R	0.26	3:03	11:43	6	0:46	33	1:26	2.16	41:36	19:15	5	6:58	31	11:06
Schwimmen 000	2.16	41:36	19:15	5	6:58	31	11:06	2.16	41:36	19:15	5	6:58	31	11:06
Rad netto	93.00	2:55:36	1:53	9	31:44	36	44:02	95.16	3:37:12	2:16	7	29:00	32	43:49
Wechsel R -> L	0.13	2:04	15:53	7	0:45	37	1:03	95.29	3:39:16	2:18	7	27:34	31	30:52
Rad 000	93.13	2:57:40	1:54	7	30:18	35	30:18	95.29	3:39:16	2:18	7	27:34	31	30:52
Lauf	21.50	2:01:51	5:40	9	28:15	52	35:06	116.79	5:41:07	2:55	7	42:54	40	1:05:58