



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Pritzkow, Christian

000: 5:41:44

00: Berlin

00: 54

00: 116.79 km

Mittel Distanz

00000/000: 44 (of 87)

00000/0: 43 (of 76)

000000: 4:35:09

0000:

AK4 / TM 35

00000: 8(of 14)

0000000: 4:47:27

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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	41:12	21:41	11	12:39	52	39:39	1.90	41:12	21:41	11	12:39	52	39:39
Wechsel S -> R	0.26	3:39	14:02	10	2:02	51	2:02	2.16	44:51	20:45	12	13:39	52	14:21
Schwimmen 000	2.16	44:51	20:45	12	13:39	52	14:21	2.16	44:51	20:45	12	13:39	52	14:21
Rad netto	93.00	3:04:14	1:58	9	22:25	49	52:40	95.16	3:49:05	2:24	9	35:59	51	55:42
Wechsel R -> L	0.13	2:11	16:47	8	0:59	42	1:10	95.29	3:51:16	2:25	9	36:55	50	42:52
Rad 000	93.13	3:06:25	2:00	9	23:24	48	39:03	95.29	3:51:16	2:25	9	36:55	50	42:52
Lauf	21.50	1:50:28	5:08	5	17:22	29	23:43	116.79	5:41:44	2:55	8	54:17	43	1:06:35