



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Roßow, Christian

000: 5:46:40

00: Berlin

00: 60

00: 116.79 km

Mittel Distanz

00000/000: 46 (of 87)

00000/0: 45 (of 76)

000000: 4:35:09

0000:

AK2 / TM 25

00000: 7(of 9)

0000000: 4:35:09

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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	45:41	24:02	9	17:22	70	44:08	1.90	45:41	24:02	9	17:22	70	44:08
Wechsel S -> R	0.26	3:14	12:26	6	1:28	39	1:37	2.16	48:55	22:38	9	18:24	69	18:25
Schwimmen 000	2.16	48:55	22:38	9	18:24	69	18:25	2.16	48:55	22:38	9	18:24	69	18:25
Rad netto	93.00	3:06:30	2:00	7	30:47	52	54:56	95.16	3:55:25	2:28	7	48:32	58	1:02:02
Wechsel R -> L	0.13	1:28	11:16	2	0:15	14	0:27	95.29	3:56:53	2:29	7	48:29	55	48:29
Rad 000	93.13	3:07:58	2:01	7	30:44	49	40:36	95.29	3:56:53	2:29	7	48:29	55	48:29
Lauf	21.50	1:49:47	5:06	5	23:02	27	23:02	116.79	5:46:40	2:58	7	1:11:31	45	1:11:31