



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Dubiel, Steffen

000: 5:49:18

00: Potsdam

00: 14

00: 116.79 km

Mittel Distanz

0000:

SEN2 / TM 45

00000/000: 48 (of 87)

00000/0: 46 (of 76)

000000: 4:35:09

00000: 7(of 9)

0000000: 5:07:23

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	35:39	18:45	4	7:17	18	34:06	1.90	35:39	18:45	4	7:17	18	34:06
Wechsel S -> R	0.26	3:16	12:33	6	1:01	40	1:39	2.16	38:55	18:01	4	8:18	20	8:25
Schwimmen 000	2.16	38:55	18:01	4	8:18	20	8:25	2.16	38:55	18:01	4	8:18	20	8:25
Rad netto	93.00	2:52:31	1:51	2	3:09	24	40:57	95.16	3:31:26	2:13	2	4:43	18	38:03
Wechsel R -> L	0.13	1:36	12:18	4	0:28	21	0:35	95.29	3:33:02	2:14	2	4:50	16	24:38
Rad 000	93.13	2:54:07	1:52	2	3:16	23	26:45	95.29	3:33:02	2:14	2	4:50	16	24:38
Lauf	21.50	2:16:16	6:20	8	37:05	63	49:31	116.79	5:49:18	2:59	7	41:55	46	1:14:09