



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Koch, Steven

000: 2:34:02

00: Berlin

00: 230

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 25 (of 236)

00000/0: 25 (of 198)

000000: 2:14:41

00000: 9(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	24:42	16:27	1	-	1	-	1.50	24:42	16:27	1	-	1	-
Wechsel S -> R	0.26	2:13	8:31	7	0:53	27	0:53	1.76	26:55	15:17	1	-	1	-
Schwimmen 000	1.76	26:55	15:17	1	-	1	-	1.76	26:55	15:17	1	-	1	-
Rad netto	40.00	1:14:52	1:52	20	12:28	83	12:28	41.76	1:41:47	2:26	6	11:24	15	11:24
Wechsel R -> L	0.13	0:55	7:03	3	0:04	12	0:09	41.89	1:42:42	2:27	6	11:00	15	11:00
Rad 000	40.13	1:15:47	1:53	19	12:32	72	12:32	41.89	1:42:42	2:27	6	11:00	15	11:00
Lauf	10.00	51:20	5:08	21	9:49	72	13:09	51.89	2:34:02	2:58	9	19:21	25	19:21