



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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## Böhme, Manuela

000: 5:48:41

00: Berlin

00: 8

00: 116.79 km

Mittel Distanz

0000:

SEN1 / TW 40

00000/000: 47 (of 87)

00000/0: 2 (of 11)

000000: 5:24:24

00000: 1(of 3)

0000000: 5:48:41

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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	1.90	40:25	21:16	1	-	5	5:42	1.90	40:25	21:16	1	-	5	5:42
Wechsel S -> R	0.26	3:26	13:12	2	0:01	5	1:33	2.16	43:51	20:18	1	-	5	7:15
Schwimmen 000	2.16	43:51	20:18	1	-	5	7:15	2.16	43:51	20:18	1	-	5	7:15
Rad netto	93.00	3:10:25	2:02	1	-	5	8:45	95.16	3:54:16	2:27	1	-	4	16:00
Wechsel R -> L	0.13	2:44	21:01	2	0:29	8	1:22	95.29	3:57:00	2:29	1	-	4	17:13
Rad 000	93.13	3:13:09	2:04	1	-	5	9:58	95.29	3:57:00	2:29	1	-	4	17:13
Lauf	21.50	1:51:41	5:11	1	-	2	13:54	116.79	5:48:41	2:59	1	-	2	24:17