



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Herzog, Kevin

000: 5:54:24

00: Petershagen

00: 28

00: 116.79 km

Mittel Distanz

00000/000: 54 (of 87)

00000/0: 51 (of 76)

000000: 4:35:09

0000:

00000: 9(of 14)

SEN1 / TM 40

0000000: 4:58:13

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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	42:33	22:23	12	41:00	60	41:00	1.90	42:33	22:23	12	41:00	60	41:00
Wechsel S -> R	0.26	3:29	13:23	9	1:12	47	1:52	2.16	46:02	21:18	12	11:24	60	15:32
Schwimmen 000	2.16	46:02	21:18	12	11:24	60	15:32	2.16	46:02	21:18	12	11:24	60	15:32
Rad netto	93.00	3:09:55	2:02	12	46:03	58	58:21	95.16	3:55:57	2:28	12	47:45	60	1:02:34
Wechsel R -> L	0.13	2:03	15:46	6	0:44	36	1:02	95.29	3:58:00	2:29	11	46:18	57	49:36
Rad 000	93.13	3:11:58	2:03	11	44:36	54	44:36	95.29	3:58:00	2:29	11	46:18	57	49:36
Lauf	21.50	1:56:24	5:24	7	22:48	37	29:39	116.79	5:54:24	3:02	9	56:11	51	1:19:15