



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Lenz, Jonas

000: 6:00:13

00: Talentlos

00: 97

00: 116.79 km

Mittel Distanz

00000/000: 57 (of 87)

00000/0: 54 (of 76)

000000: 4:35:09

0000:

AK2 / TM 25

00000: 8(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	38:38	20:20	4	10:19	36	37:05	1.90	38:38	20:20	4	10:19	36	37:05
Wechsel S -> R	0.26	3:17	12:37	7	1:31	42	1:40	2.16	41:55	19:24	4	11:24	35	11:25
Schwimmen 000	2.16	41:55	19:24	4	11:24	35	11:25	2.16	41:55	19:24	4	11:24	35	11:25
Rad netto	93.00	3:14:06	2:05	8	38:23	63	1:02:32	95.16	3:56:01	2:28	8	49:08	61	1:02:38
Wechsel R -> L	0.13	2:13	17:03	6	1:00	44	1:12	95.29	3:58:14	2:30	8	49:50	58	49:50
Rad 000	93.13	3:16:19	2:06	8	39:05	61	48:57	95.29	3:58:14	2:30	8	49:50	58	49:50
Lauf	21.50	2:01:59	5:40	9	35:14	53	35:14	116.79	6:00:13	3:05	8	1:25:04	54	1:25:04