



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Maschke, Marko

000: 6:01:35

00: Jüterbog

00: 40

00: 116.79 km

Mittel Distanz

00000/000: 59 (of 87)

00000/0: 55 (of 76)

000000: 4:35:09

0000:

SEN2 / TM 45

00000: 8(of 9)

0000000: 5:07:23

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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	45:35	23:59	8	17:13	69	44:02	1.90	45:35	23:59	8	17:13	69	44:02
Wechsel S -> R	0.26	4:52	18:43	9	2:37	70	3:15	2.16	50:27	23:21	8	19:50	71	19:57
Schwimmen 000	2.16	50:27	23:21	8	19:50	71	19:57	2.16	50:27	23:21	8	19:50	71	19:57
Rad netto	93.00	3:09:56	2:02	9	20:34	59	58:22	95.16	4:00:23	2:31	9	33:40	65	1:07:00
Wechsel R -> L	0.13	4:16	32:49	9	3:08	70	3:15	95.29	4:04:39	2:34	9	36:27	63	56:15
Rad 000	93.13	3:14:12	2:05	9	23:21	59	46:50	95.29	4:04:39	2:34	9	36:27	63	56:15
Lauf	21.50	1:56:56	5:26	7	17:45	41	30:11	116.79	6:01:35	3:05	8	54:12	55	1:26:26