



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Schulz, Philipp

000: 2:34:23

00: Berlin

00: 401

00: 51.89 km

Olympisch

0000:

AK2 / TM 25

00000/000: 26 (of 236)

00000/0: 26 (of 198)

000000: 2:14:41

00000: 2(of 17)

0000000: 2:22:46

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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	34:21	22:54	4	6:54	44	9:39	1.50	34:21	22:54	4	6:54	44	9:39
Wechsel S -> R	0.26	2:38	10:07	8	0:56	47	1:18	1.76	36:59	21:00	5	6:55	43	10:04
Schwimmen 000	1.76	36:59	21:00	5	6:55	43	10:04	1.76	36:59	21:00	5	6:55	43	10:04
Rad netto	40.00	1:09:19	1:43	1	-	19	6:55	41.76	1:46:18	2:32	3	6:12	29	15:55
Wechsel R -> L	0.13	1:36	12:18	9	0:42	79	0:50	41.89	1:47:54	2:34	3	6:42	29	16:12
Rad 000	40.13	1:10:55	1:46	2	0:10	21	7:40	41.89	1:47:54	2:34	3	6:42	29	16:12
Lauf	10.00	46:29	4:38	3	4:55	26	8:18	51.89	2:34:23	2:58	2	11:37	26	19:42