



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Zeiser, Andreas

000: 6:06:27

00: Berlin

00: 90

00: 116.79 km

Mittel Distanz

0000:

AK3 / TM 30

00000/000: 61 (of 87)

00000/0: 57 (of 76)

000000: 4:35:09

00000: 13(of 17)

0000000: 5:03:54

0000

0000

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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	43:39	22:58	17	7:31	66	42:06	1.90	43:39	22:58	17	7:31	66	42:06
Wechsel S -> R	0.26	4:35	17:37	15	2:19	65	2:58	2.16	48:14	22:19	17	9:42	67	17:44
Schwimmen 000	2.16	48:14	22:19	17	9:42	67	17:44	2.16	48:14	22:19	17	9:42	67	17:44
Rad netto	93.00	3:16:37	2:06	15	1:05:03	67	1:05:03	95.16	4:04:51	2:34	15	1:11:28	68	1:11:28
Wechsel R -> L	0.13	2:54	22:18	15	1:53	65	1:53	95.29	4:07:45	2:35	14	40:08	66	59:21
Rad 000	93.13	3:19:31	2:08	14	33:09	65	52:09	95.29	4:07:45	2:35	14	40:08	66	59:21
Lauf	21.50	1:58:42	5:31	8	22:25	44	31:57	116.79	6:06:27	3:08	13	1:02:33	57	1:31:18