



# Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Klytta, Peer

000: 6:08:47

00: Nuthetal

00: 32

00: 116.79 km

Mittel Distanz

00000/000: 63 (of 87)

00000/0: 58 (of 76)

000000: 4:35:09

0000:

00000: 11(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	32:41	17:12	4	31:08	12	31:08	1.90	32:41	17:12	4	31:08	12	31:08
Wechsel S -> R	0.26	3:58	15:15	12	1:41	59	2:21	2.16	36:39	16:58	3	2:01	11	6:09
Schwimmen 000	2.16	36:39	16:58	3	2:01	11	6:09	2.16	36:39	16:58	3	2:01	11	6:09
Rad netto	93.00	3:06:23	2:00	11	42:31	51	54:49	95.16	3:43:02	2:20	10	34:50	46	49:39
Wechsel R -> L	0.13	2:52	22:03	11	1:33	64	1:51	95.29	3:45:54	2:22	9	34:12	44	37:30
Rad 000	93.13	3:09:15	2:01	10	41:53	50	41:53	95.29	3:45:54	2:22	9	34:12	44	37:30
Lauf	21.50	2:22:53	6:38	11	49:17	66	56:08	116.79	6:08:47	3:09	11	1:10:34	58	1:33:38