



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Lippert, Torsten

000: 6:11:56

00: LTSV FORST 1990

00: 95

00: 116.79 km

Mittel Distanz

00000/000: 65 (of 87)

00000/0: 60 (of 76)

000000: 4:35:09

0000:

SEN3 / TM 50

00000: 7(of 9)

0000000: 4:55:31

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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	42:36	22:25	5	14:13	61	41:03	1.90	42:36	22:25	5	14:13	61	41:03
Wechsel S -> R	0.26	3:35	13:46	5	1:42	49	1:58	2.16	46:11	21:22	5	15:41	62	15:41
Schwimmen 000	2.16	46:11	21:22	5	15:41	62	15:41	2.16	46:11	21:22	5	15:41	62	15:41
Rad netto	93.00	3:08:59	2:01	6	27:26	55	57:25	95.16	3:55:10	2:28	6	43:07	57	1:01:47
Wechsel R -> L	0.13	3:11	24:29	8	2:01	68	2:10	95.29	3:58:21	2:30	6	45:08	59	49:57
Rad 000	93.13	3:12:10	2:03	6	29:27	55	44:48	95.29	3:58:21	2:30	6	45:08	59	49:57
Lauf	21.50	2:13:35	6:12	7	31:17	61	46:50	116.79	6:11:56	3:11	7	1:16:25	60	1:36:47