



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Muderack, Olaf

000: 6:13:57

00: Groß Kreutz (Havel)

00: 45

00: 116.79 km

Mittel Distanz

0000:

SEN2 / TM 45

00000/000: 69 (of 87)

00000/0: 64 (of 76)

000000: 4:35:09

00000: 9(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	48:09	25:20	9	19:47	73	46:36	1.90	48:09	25:20	9	19:47	73	46:36
Wechsel S -> R	0.26	2:31	9:40	2	0:16	16	0:54	2.16	50:40	23:27	9	20:03	72	20:10
Schwimmen 000	2.16	50:40	23:27	9	20:03	72	20:10	2.16	50:40	23:27	9	20:03	72	20:10
Rad netto	93.00	3:05:01	1:59	5	15:39	50	53:27	95.16	3:55:41	2:28	8	28:58	59	1:02:18
Wechsel R -> L	0.13	1:13	9:21	2	0:05	6	0:12	95.29	3:56:54	2:29	8	28:42	56	48:30
Rad 000	93.13	3:06:14	1:59	5	15:23	47	38:52	95.29	3:56:54	2:29	8	28:42	56	48:30
Lauf	21.50	2:17:03	6:22	9	37:52	64	50:18	116.79	6:13:57	3:12	9	1:06:34	64	1:38:48