



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Diesel, Holger

000: 2:34:50

00: Berlin

00: 166

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 28 (of 236)

00000/0: 28 (of 198)

000000: 2:14:41

00000: 5(of 28)

0000000: 2:23:41

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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	32:42	21:48	6	5:28	34	8:00	1.50	32:42	21:48	6	5:28	34	8:00
Wechsel S -> R	0.26	2:56	11:16	8	1:16	71	1:36	1.76	35:38	20:14	6	6:02	36	8:43
Schwimmen 000	1.76	35:38	20:14	6	6:02	36	8:43	1.76	35:38	20:14	6	6:02	36	8:43
Rad netto	40.00	1:10:13	1:45	6	1:50	26	7:49	41.76	1:45:51	2:32	5	7:44	26	15:28
Wechsel R -> L	0.13	1:55	14:44	11	1:05	115	1:09	41.89	1:47:46	2:34	5	8:49	27	16:04
Rad 000	40.13	1:12:08	1:47	7	2:55	30	8:53	41.89	1:47:46	2:34	5	8:49	27	16:04
Lauf	10.00	47:04	4:42	4	4:16	33	8:53	51.89	2:34:50	2:59	5	11:09	28	20:09