



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Schubach, Kristina

000: 6:15:23

00: Berlin

00: 68

00: 116.79 km

Mittel Distanz

0000:

AK3 / TW 30

00000/000: 70 (of 87)

00000/0: 6 (of 11)

000000: 5:24:24

00000: 1(of 3)

0000000: 6:15:23

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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	43:03	22:39	1	-	7	8:20	1.90	43:03	22:39	1	-	7	8:20
Wechsel S -> R	0.26	3:25	13:08	1	-	3	1:32	2.16	46:28	21:30	1	-	6	9:52
Schwimmen 000	2.16	46:28	21:30	1	-	6	9:52	2.16	46:28	21:30	1	-	6	9:52
Rad netto	93.00	3:09:14	2:02	1	-	4	7:34	95.16	3:55:42	2:28	1	-	5	17:26
Wechsel R -> L	0.13	2:33	19:36	3	0:52	6	1:11	95.29	3:58:15	2:30	1	-	5	18:28
Rad 000	93.13	3:11:47	2:03	1	-	4	8:36	95.29	3:58:15	2:30	1	-	5	18:28
Lauf	21.50	2:17:08	6:22	2	1:37	6	39:21	116.79	6:15:23	3:12	1	-	6	50:59