



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Kramer, Ute

000: 6:28:41

00: Hattersheim a.M.

00: 35

00: 116.79 km

Mittel Distanz

00000/000: 74 (of 87)

00000/0: 7 (of 11)

000000: 5:24:24

0000:

AK2 / TW 25

00000: 4(of 4)

0000000: 5:24:24

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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	38:28	20:14	4	3:45	4	3:45	1.90	38:28	20:14	4	3:45	4	3:45
Wechsel S -> R	0.26	3:31	13:31	3	1:38	6	1:38	2.16	41:59	19:26	3	5:23	3	5:23
Schwimmen 000	2.16	41:59	19:26	3	5:23	3	5:23	2.16	41:59	19:26	3	5:23	3	5:23
Rad netto	93.00	3:17:28	2:07	4	15:48	7	15:48	95.16	3:59:27	2:30	4	21:11	6	21:11
Wechsel R -> L	0.13	2:46	21:16	4	1:24	9	1:24	95.29	4:02:13	2:32	4	22:26	6	22:26
Rad 000	93.13	3:20:14	2:09	4	17:03	7	17:03	95.29	4:02:13	2:32	4	22:26	6	22:26
Lauf	21.50	2:26:28	6:48	4	48:41	10	48:41	116.79	6:28:41	3:19	4	1:04:17	7	1:04:17