



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Auber, Christie

000: 6:33:59

00: Die Laufpartner e.V.

00: 1

00: 116.79 km

Mittel Distanz

00000/000: 76 (of 87)

00000/0: 8 (of 11)

000000: 5:24:24

0000:

AK4 / TW 35

00000: 1(of 1)

0000000: 6:33:59

0000

0000

000

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	40:56	21:32	1	-	6	6:13	1.90	40:56	21:32	1	-	6	6:13
Wechsel S -> R	0.26	6:16	24:06	1	-	11	4:23	2.16	47:12	21:51	1	-	9	10:36
Schwimmen 000	2.16	47:12	21:51	1	-	9	10:36	2.16	47:12	21:51	1	-	9	10:36
Rad netto	93.00	3:24:17	2:11	1	-	9	22:37	95.16	4:11:29	2:38	1	-	8	33:13
Wechsel R -> L	0.13	2:46	21:16	1	-	9	1:24	95.29	4:14:15	2:40	1	-	8	34:28
Rad 000	93.13	3:27:03	2:13	1	-	9	23:52	95.29	4:14:15	2:40	1	-	8	34:28
Lauf	21.50	2:19:44	6:29	1	-	8	41:57	116.79	6:33:59	3:22	1	-	8	1:09:35