



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Schmid, Verena

000: 6:41:33

00: Wiesensteig

00: 98

00: 116.79 km

Mittel Distanz

00000/000: 77 (of 87)

00000/0: 9 (of 11)

000000: 5:24:24

0000:

AK3 / TW 30

00000: 2(of 3)

0000000: 6:15:23

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0000

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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	49:01	25:47	3	5:58	11	14:18	1.90	49:01	25:47	3	5:58	11	14:18
Wechsel S -> R	0.26	5:19	20:26	3	1:54	10	3:26	2.16	54:20	25:09	3	7:52	11	17:44
Schwimmen 000	2.16	54:20	25:09	3	7:52	11	17:44	2.16	54:20	25:09	3	7:52	11	17:44
Rad netto	93.00	3:23:05	2:11	2	13:51	8	21:25	95.16	4:17:25	2:42	2	21:43	9	39:09
Wechsel R -> L	0.13	2:13	17:03	2	0:32	4	0:51	95.29	4:19:38	2:43	2	21:23	9	39:51
Rad 000	93.13	3:25:18	2:12	2	13:31	8	22:07	95.29	4:19:38	2:43	2	21:23	9	39:51
Lauf	21.50	2:21:55	6:36	3	6:24	9	44:08	116.79	6:41:33	3:26	2	26:10	9	1:17:09