



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Fatek, Joanna

000: 6:45:43

00: Berlin

00: 17

00: 116.79 km

Mittel Distanz

00000/000: 78 (of 87)

00000/0: 10 (of 11)

000000: 5:24:24

0000:

AK3 / TW 30

00000: 3(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	43:11	22:43	2	0:08	8	8:28	1.90	43:11	22:43	2	0:08	8	8:28
Wechsel S -> R	0.26	3:39	14:02	2	0:14	7	1:46	2.16	46:50	21:40	2	0:22	8	10:14
Schwimmen 000	2.16	46:50	21:40	2	0:22	8	10:14	2.16	46:50	21:40	2	0:22	8	10:14
Rad netto	93.00	3:41:41	2:23	3	32:27	10	40:01	95.16	4:28:31	2:49	3	32:49	10	50:15
Wechsel R -> L	0.13	1:41	12:56	1	-	3	0:19	95.29	4:30:12	2:50	3	31:57	10	50:25
Rad 000	93.13	3:43:22	2:23	3	31:35	10	40:11	95.29	4:30:12	2:50	3	31:57	10	50:25
Lauf	21.50	2:15:31	6:18	1	-	5	37:44	116.79	6:45:43	3:28	3	30:20	10	1:21:19