



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Beschorner, Helmut

000: 2:35:22

00: Berlin

00: 138

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 30 (of 236)

00000/0: 30 (of 198)

000000: 2:14:41

00000: 2(of 25)

0000000: 2:15:02

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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	1.50	32:49	21:52	4	5:09	36	8:07	1.50	32:49	21:52	4	5:09	36	8:07
Wechsel S -> R	0.26	2:51	10:57	7	1:08	66	1:31	1.76	35:40	20:15	4	6:17	38	8:45
Schwimmen 000	1.76	35:40	20:15	4	6:17	38	8:45	1.76	35:40	20:15	4	6:17	38	8:45
Rad netto	40.00	1:10:16	1:45	2	3:34	27	7:52	41.76	1:45:56	2:32	2	9:51	27	15:33
Wechsel R -> L	0.13	1:52	14:21	16	1:06	110	1:06	41.89	1:47:48	2:34	2	10:57	28	16:06
Rad 000	40.13	1:12:08	1:47	2	4:40	31	8:53	41.89	1:47:48	2:34	2	10:57	28	16:06
Lauf	10.00	47:34	4:45	4	9:23	39	9:23	51.89	2:35:22	2:59	2	20:20	30	20:41