



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Kirchhof, Benjamin

000: 2:36:01

00: Berlin

00: 226

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 31 (of 236)

00000/0: 31 (of 198)

000000: 2:14:41

00000: 10(of 45)

0000000: 2:14:41

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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	34:25	22:56	12	9:43	47	9:43	1.50	34:25	22:56	12	9:43	47	9:43
Wechsel S -> R	0.26	2:16	8:43	8	0:56	30	0:56	1.76	36:41	20:50	11	9:46	42	9:46
Schwimmen 000	1.76	36:41	20:50	11	9:46	42	9:46	1.76	36:41	20:50	11	9:46	42	9:46
Rad netto	40.00	1:11:10	1:46	13	8:46	39	8:46	41.76	1:47:51	2:34	12	17:28	37	17:28
Wechsel R -> L	0.13	1:01	7:49	6	0:10	16	0:15	41.89	1:48:52	2:35	11	17:10	36	17:10
Rad 000	40.13	1:12:11	1:47	12	8:56	33	8:56	41.89	1:48:52	2:35	11	17:10	36	17:10
Lauf	10.00	47:09	4:42	9	5:38	35	8:58	51.89	2:36:01	3:00	10	21:20	31	21:20