



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Von Pickardt, Björn

000: 2:36:37

00: Berlin

00: 350

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 33 (of 236)

00000/0: 33 (of 198)

000000: 2:14:41

00000: 3(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	34:54	23:15	6	7:14	55	10:12	1.50	34:54	23:15	6	7:14	55	10:12
Wechsel S -> R	0.26	2:38	10:07	6	0:55	47	1:18	1.76	37:32	21:19	6	8:09	47	10:37
Schwimmen 000	1.76	37:32	21:19	6	8:09	47	10:37	1.76	37:32	21:19	6	8:09	47	10:37
Rad netto	40.00	1:11:51	1:47	4	5:09	47	9:27	41.76	1:49:23	2:37	4	13:18	45	19:00
Wechsel R -> L	0.13	1:07	8:35	3	0:21	28	0:21	41.89	1:50:30	2:38	3	13:39	42	18:48
Rad 000	40.13	1:12:58	1:49	4	5:30	39	9:43	41.89	1:50:30	2:38	3	13:39	42	18:48
Lauf	10.00	46:07	4:36	2	7:56	21	7:56	51.89	2:36:37	3:01	3	21:35	33	21:56