



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Determann, Lukas

000: 2:37:25

00: Berlin

00: 165

00: 51.89 km

Olympisch

0000:

AK2 / TM 25

00000/000: 38 (of 236)

00000/0: 37 (of 198)

000000: 2:14:41

00000: 3(of 17)

0000000: 2:22:46

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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	34:38	23:05	5	7:11	51	9:56	1.50	34:38	23:05	5	7:11	51	9:56
Wechsel S -> R	0.26	1:42	6:32	1	-	4	0:22	1.76	36:20	20:38	4	6:16	41	9:25
Schwimmen 000	1.76	36:20	20:38	4	6:16	41	9:25	1.76	36:20	20:38	4	6:16	41	9:25
Rad netto	40.00	1:10:51	1:46	4	1:32	35	8:27	41.76	1:47:11	2:33	4	7:05	31	16:48
Wechsel R -> L	0.13	1:02	7:56	3	0:08	18	0:16	41.89	1:48:13	2:35	4	7:01	30	16:31
Rad 000	40.13	1:11:53	1:47	3	1:08	27	8:38	41.89	1:48:13	2:35	4	7:01	30	16:31
Lauf	10.00	49:12	4:55	5	7:38	56	11:01	51.89	2:37:25	3:02	3	14:39	37	22:44