



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Meyer-Tippach, Steffen

000: 2:38:07

00: Berlin

00: 267

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 40 (of 236)

00000/0: 39 (of 198)

000000: 2:14:41

00000: 8(of 30)

0000000: 2:17:44

0000

0000

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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	38:51	25:54	18	10:52	105	14:09	1.50	38:51	25:54	18	10:52	105	14:09
Wechsel S -> R	0.26	2:42	10:23	9	0:53	56	1:22	1.76	41:33	23:36	17	11:45	101	14:38
Schwimmen 000	1.76	41:33	23:36	17	11:45	101	14:38	1.76	41:33	23:36	17	11:45	101	14:38
Rad netto	40.00	1:10:45	1:46	6	5:25	30	8:21	41.76	1:52:18	2:41	11	16:05	64	21:55
Wechsel R -> L	0.13	1:38	12:33	15	0:45	82	0:52	41.89	1:53:56	2:43	11	16:42	62	22:14
Rad 000	40.13	1:12:23	1:48	7	6:02	37	9:08	41.89	1:53:56	2:43	11	16:42	62	22:14
Lauf	10.00	44:11	4:25	4	3:41	15	6:00	51.89	2:38:07	3:02	8	20:23	39	23:26