



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Rohde, Sebastian

000: 1:34:06

00: Berlin

00: 754

00: 32.69 km

Jedermann/Sprint

00000/000: 125 (of 318)

00000/0: 109 (of 226)

000000: 1:14:36

0000:

AK2 / TM 25

00000: 7(of 18)

0000000: 1:19:28

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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	0.70	20:22	29:05	10	6:31	164	8:50	0.70	20:22	29:05	10	6:31	164	8:50
Wechsel S -> R	0.26	2:52	11:01	6	1:05	97	1:32	0.96	23:14	24:12	10	7:36	148	10:16
Schwimmen 000	0.96	23:14	24:12	10	7:36	148	10:16	0.96	23:14	24:12	10	7:36	148	10:16
Rad netto	28.00	54:11	1:56	8	8:52	129	8:52	28.96	1:17:25	2:40	9	13:47	139	17:22
Wechsel R -> L	0.13	1:15	9:36	8	0:32	72	0:37	29.09	1:18:40	2:42	9	14:19	135	17:58
Rad 000	28.13	55:26	1:58	8	9:24	121	9:24	29.09	1:18:40	2:42	9	14:19	135	17:58
Lauf	3.60	15:26	4:17	6	1:07	38	2:11	32.69	1:34:06	2:52	8	14:38	110	19:30