



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Kimm, André

000: 1:36:19

00: Berlin

00: 638

00: 32.69 km

Jedermann/Sprint

00000/000: 153 (of 318)

00000/0: 132 (of 226)

000000: 1:14:36

0000:

00000: 13(of 22)

SEN2 / TM 45

0000000: 1:19:17

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	20:02	28:37	14	6:33	150	8:30	0.70	20:02	28:37	14	6:33	150	8:30	
Wechsel S -> R	0.26	2:54	11:09	10	1:01	104	1:34	0.96	22:56	23:53	14	7:19	141	9:58	
Schwimmen 000	0.96	22:56	23:53	14	7:19	141	9:58	0.96	22:56	23:53	14	7:19	141	9:58	
Rad netto	28.00	52:03	1:51	6	6:06	79	6:44	28.96	1:14:59	2:35	9	12:04	108	14:56	
Wechsel R -> L	0.13	1:49	13:58	13	0:52	165	1:11	29.09	1:16:48	2:38	10	12:50	116	16:06	
Rad 000	28.13	53:52	1:54	8	6:52	90	7:50	29.09	1:16:48	2:38	10	12:50	116	16:06	
Lauf	3.60	19:31	5:25	17	4:57	166	6:16	32.69	1:36:19	2:56	13	17:02	133	21:43	