



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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## Schneiderbeck-Pamin, Enrico

000: 2:39:18

00: Blankenfelde-Mahlow

00: 309

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 45 (of 236)

00000/0: 44 (of 198)

000000: 2:14:41

00000: 5(of 28)

0000000: 2:29:21

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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	35:09	23:26	6	6:13	56	10:27	1.50	35:09	23:26	6	6:13	56	10:27
Wechsel S -> R	0.26	2:30	9:36	5	0:28	38	1:10	1.76	37:39	21:23	6	6:41	52	10:44
Schwimmen 000	1.76	37:39	21:23	6	6:41	52	10:44	1.76	37:39	21:23	6	6:41	52	10:44
Rad netto	40.00	1:12:28	1:48	6	5:33	57	10:04	41.76	1:50:07	2:38	4	8:38	49	19:44
Wechsel R -> L	0.13	1:10	8:58	3	0:04	35	0:24	41.89	1:51:17	2:39	4	8:41	48	19:35
Rad 000	40.13	1:13:38	1:50	4	5:36	52	10:23	41.89	1:51:17	2:39	4	8:41	48	19:35
Lauf	10.00	48:01	4:48	5	5:22	41	9:50	51.89	2:39:18	3:04	5	9:57	44	24:37