



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Bohm, Philipp

000: 1:37:51

00: Berlin

00: 531

00: 32.69 km

Jedermann/Sprint

00000/000: 168 (of 318)

00000/0: 144 (of 226)

000000: 1:14:36

0000:

AK3 / TM 30

00000: 26(of 35)

0000000: 1:17:33

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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	17:49	25:27	13	4:55	88	6:17	0.70	17:49	25:27	13	4:55	88	6:17
Wechsel S -> R	0.26	4:37	17:45	34	3:09	204	3:17	0.96	22:26	23:22	24	7:04	127	9:28
Schwimmen 000	0.96	22:26	23:22	24	7:04	127	9:28	0.96	22:26	23:22	24	7:04	127	9:28
Rad netto	28.00	56:13	2:00	26	10:18	168	10:54	28.96	1:18:39	2:42	27	14:59	155	18:36
Wechsel R -> L	0.13	2:29	19:06	34	1:51	208	1:51	29.09	1:21:08	2:47	29	16:50	160	20:26
Rad 000	28.13	58:42	2:05	29	12:09	179	12:40	29.09	1:21:08	2:47	29	16:50	160	20:26
Lauf	3.60	16:43	4:38	18	3:28	80	3:28	32.69	1:37:51	2:59	26	20:18	145	23:15