



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Oppatt, Frank

000: 2:39:06

00: TVB 09 Berlin

00: 397

00: 51.89 km

Olympisch

00000/000: 44 (of 236)

00000/0: 43 (of 198)

000000: 2:14:41

0000:

SEN5 / TM 60

00000: 2(of 7)

0000000: 2:33:03

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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	32:23	21:35	2	3:04	33	7:41	1.50	32:23	21:35	2	3:04	33	7:41
Wechsel S -> R	0.26	2:50	10:53	2	0:55	65	1:30	1.76	35:13	20:00	2	3:59	33	8:18
Schwimmen 000	1.76	35:13	20:00	2	3:59	33	8:18	1.76	35:13	20:00	2	3:59	33	8:18
Rad netto	40.00	1:12:06	1:48	2	0:04	51	9:42	41.76	1:47:19	2:34	2	4:03	32	16:56
Wechsel R -> L	0.13	1:31	11:39	3	0:22	69	0:45	41.89	1:48:50	2:35	2	4:21	34	17:08
Rad 000	40.13	1:13:37	1:50	2	0:22	51	10:22	41.89	1:48:50	2:35	2	4:21	34	17:08
Lauf	10.00	50:16	5:01	3	1:42	63	12:05	51.89	2:39:06	3:03	2	6:03	43	24:25