



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Lau, Matthias

000: 1:41:49

00: Berlin

00: 666

00: 32.69 km

Jedermann/Sprint

00000/000: 205 (of 318)

00000/0: 169 (of 226)

000000: 1:14:36

0000:

00000: 28(of 39)

SEN1 / TM 40

0000000: 1:22:32

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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	22:08	31:37	32	9:15	197	10:36	0.70	22:08	31:37	32	9:15	197	10:36
Wechsel S -> R	0.26	3:52	14:52	32	2:06	175	2:32	0.96	26:00	27:05	31	10:55	197	13:02
Schwimmen 000	0.96	26:00	27:05	31	10:55	197	13:02	0.96	26:00	27:05	31	10:55	197	13:02
Rad netto	28.00	56:02	2:00	31	8:09	166	10:43	28.96	1:22:02	2:49	30	15:46	180	21:59
Wechsel R -> L	0.13	1:03	8:04	4	0:12	39	0:25	29.09	1:23:05	2:51	30	15:17	176	22:23
Rad 000	28.13	57:05	2:01	30	7:40	155	11:03	29.09	1:23:05	2:51	30	15:17	176	22:23
Lauf	3.60	18:44	5:12	27	4:00	150	5:29	32.69	1:41:49	3:06	28	19:17	170	27:13