



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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**Weisener, Ronny**

000: 1:42:05

00: Rüdersdorf

00: 848

00: 32.69 km

Jedermann/Sprint

0000:

SEN1 / TM 40

00000/000: 211 (of 318)

00000/0: 173 (of 226)

000000: 1:14:36

00000: 29(of 39)

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	18:32	26:28	15	5:39	104	7:00	0.70	18:32	26:28	15	5:39	104	7:00
Wechsel S -> R	0.26	3:42	14:13	27	1:56	165	2:22	0.96	22:14	23:09	18	7:09	118	9:16
Schwimmen 000	0.96	22:14	23:09	18	7:09	118	9:16	0.96	22:14	23:09	18	7:09	118	9:16
Rad netto	28.00	1:00:53	2:10	36	13:00	200	15:34	28.96	1:23:07	2:52	32	16:51	190	23:04
Wechsel R -> L	0.13	1:06	8:27	6	0:15	51	0:28	29.09	1:24:13	2:53	32	16:25	186	23:31
Rad 000	28.13	1:01:59	2:12	36	12:34	198	15:57	29.09	1:24:13	2:53	32	16:25	186	23:31
Lauf	3.60	17:52	4:57	21	3:08	126	4:37	32.69	1:42:05	3:07	29	19:33	174	27:29