



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Rau, Michael

000: 2:41:15

00: Berlin

00: 287

00: 51.89 km

Olympisch

0000:

AK2 / TM 25

00000/000: 48 (of 236)

00000/0: 47 (of 198)

000000: 2:14:41

00000: 6(of 17)

0000000: 2:22:46

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	31:53	21:15	3	4:26	26	7:11	1.50	31:53	21:15	3	4:26	26	7:11	
Wechsel S -> R	0.26	2:16	8:43	5	0:34	30	0:56	1.76	34:09	19:24	3	4:05	28	7:14	
Schwimmen 000	1.76	34:09	19:24	3	4:05	28	7:14	1.76	34:09	19:24	3	4:05	28	7:14	
Rad netto	40.00	1:11:48	1:47	6	2:29	44	9:24	41.76	1:45:57	2:32	2	5:51	28	15:34	
Wechsel R -> L	0.13	1:33	11:55	7	0:39	75	0:47	41.89	1:47:30	2:33	2	6:18	26	15:48	
Rad 000	40.13	1:13:21	1:49	6	2:36	48	10:06	41.89	1:47:30	2:33	2	6:18	26	15:48	
Lauf	10.00	53:45	5:22	7	12:11	90	15:34	51.89	2:41:15	3:06	6	18:29	47	26:34	