



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Neuling, Karl

000: 2:41:53

00: Berlin

00: 272

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 50 (of 236)

00000/0: 48 (of 198)

000000: 2:14:41

00000: 13(of 45)

0000000: 2:14:41

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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	33:10	22:06	10	8:28	40	8:28	1.50	33:10	22:06	10	8:28	40	8:28
Wechsel S -> R	0.26	2:57	11:20	19	1:37	75	1:37	1.76	36:07	20:31	10	9:12	40	9:12
Schwimmen 000	1.76	36:07	20:31	10	9:12	40	9:12	1.76	36:07	20:31	10	9:12	40	9:12
Rad netto	40.00	1:15:54	1:53	23	13:30	94	13:30	41.76	1:52:01	2:40	17	21:38	60	21:38
Wechsel R -> L	0.13	1:15	9:36	10	0:24	39	0:29	41.89	1:53:16	2:42	16	21:34	57	21:34
Rad 000	40.13	1:17:09	1:55	21	13:54	88	13:54	41.89	1:53:16	2:42	16	21:34	57	21:34
Lauf	10.00	48:37	4:51	12	7:06	48	10:26	51.89	2:41:53	3:07	13	27:12	48	27:12