



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Kamin, Friedhelm

000: 1:46:37

00: Erkner

00: 631

00: 32.69 km

Jedermann/Sprint

0000:

SEN6 / TM 65

00000/000: 237 (of 318)

00000/0: 188 (of 226)

000000: 1:14:36

00000: 5(of 5)

0000000: 1:29:47

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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 | 19:16 | 27:31 | 3 | 3:31 | 125 | 7:44 | 0.70 | 19:16 | 27:31 | 3 | 3:31 | 125 | 7:44 |
| Wechsel S -> R | 0.26 | 4:11 | 16:05 | 5 | 1:23 | 187 | 2:51 | 0.96 | 23:27 | 24:25 | 4 | 4:47 | 155 | 10:29 |
| Schwimmen 000 | 0.96 | 23:27 | 24:25 | 4 | 4:47 | 155 | 10:29 | 0.96 | 23:27 | 24:25 | 4 | 4:47 | 155 | 10:29 |
| Rad netto | 28.00 | 59:24 | 2:07 | 5 | 8:43 | 195 | 14:05 | 28.96 | 1:22:51 | 2:51 | 5 | 12:54 | 187 | 22:48 |
| Wechsel R -> L | 0.13 | 1:32 | 11:47 | 2 | 0:22 | 125 | 0:54 | 29.09 | 1:24:23 | 2:54 | 5 | 12:48 | 188 | 23:41 |
| Rad 000 | 28.13 | 1:00:56 | 2:09 | 5 | 8:38 | 194 | 14:54 | 29.09 | 1:24:23 | 2:54 | 5 | 12:48 | 188 | 23:41 |
| Lauf | 3.60 | 22:14 | 6:10 | 5 | 4:44 | 200 | 8:59 | 32.69 | 1:46:37 | 3:15 | 5 | 16:50 | 189 | 32:01 |