



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Widmaier, Felix

000: 2:43:16

00: Berlin

00: 412

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 53 (of 236)

00000/0: 51 (of 198)

000000: 2:14:41

00000: 15(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	37:10	24:46	18	12:28	84	12:28	1.50	37:10	24:46	18	12:28	84	12:28
Wechsel S -> R	0.26	2:59	11:28	20	1:39	78	1:39	1.76	40:09	22:48	17	13:14	80	13:14
Schwimmen 000	1.76	40:09	22:48	17	13:14	80	13:14	1.76	40:09	22:48	17	13:14	80	13:14
Rad netto	40.00	1:12:46	1:49	16	10:22	62	10:22	41.76	1:52:55	2:42	19	22:32	67	22:32
Wechsel R -> L	0.13	1:43	13:12	22	0:52	89	0:57	41.89	1:54:38	2:44	19	22:56	69	22:56
Rad 000	40.13	1:14:29	1:51	16	11:14	61	11:14	41.89	1:54:38	2:44	19	22:56	69	22:56
Lauf	10.00	48:38	4:51	13	7:07	49	10:27	51.89	2:43:16	3:08	15	28:35	51	28:35