



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Bielefeldt, Ralf

000: 2:43:46

00: Schwerin

00: 140

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 56 (of 236)

00000/0: 54 (of 198)

000000: 2:14:41

00000: 5(of 25)

0000000: 2:15:02

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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	38:05	25:23	14	10:25	99	13:23	1.50	38:05	25:23	14	10:25	99	13:23
Wechsel S -> R	0.26	2:35	9:56	4	0:52	42	1:15	1.76	40:40	23:06	10	11:17	85	13:45
Schwimmen 000	1.76	40:40	23:06	10	11:17	85	13:45	1.76	40:40	23:06	10	11:17	85	13:45
Rad netto	40.00	1:10:45	1:46	3	4:03	30	8:21	41.76	1:51:25	2:40	5	15:20	53	21:02
Wechsel R -> L	0.13	1:27	11:09	5	0:41	62	0:41	41.89	1:52:52	2:41	5	16:01	54	21:10
Rad 000	40.13	1:12:12	1:47	3	4:44	34	8:57	41.89	1:52:52	2:41	5	16:01	54	21:10
Lauf	10.00	50:54	5:05	6	12:43	69	12:43	51.89	2:43:46	3:09	5	28:44	54	29:05