



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Strohschneider, Sandra

000: 7:26:33

00: Kassel

00: 89

00: 116.79 km

Mittel Distanz

0000:

SEN1 / TW 40

00000/000: 80 (of 87)

00000/0: 11 (of 11)

000000: 5:24:24

00000: 3(of 3)

0000000: 5:48:41

0000

0000

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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	1.90	45:07	23:44	3	4:42	10	10:24	1.90	45:07	23:44	3	4:42	10	10:24
Wechsel S -> R	0.26	5:15	20:11	3	1:50	9	3:22	2.16	50:22	23:19	3	6:31	10	13:46
Schwimmen 000	2.16	50:22	23:19	3	6:31	10	13:46	2.16	50:22	23:19	3	6:31	10	13:46
Rad netto	93.00	3:45:07	2:25	3	34:42	11	43:27	95.16	4:35:29	2:53	3	41:13	11	57:13
Wechsel R -> L	0.13	3:09	24:13	3	0:54	11	1:47	95.29	4:38:38	2:55	3	41:38	11	58:51
Rad 000	93.13	3:48:16	2:27	3	35:07	11	45:05	95.29	4:38:38	2:55	3	41:38	11	58:51
Lauf	21.50	2:47:55	7:48	3	56:14	11	1:10:08	116.79	7:26:33	3:49	3	1:37:52	11	2:02:09