



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Fröhlich, Tobias

000: 7:37:14

00: Erkner

00: 24

00: 116.79 km

Mittel Distanz

0000:

AK4 / TM 35

00000/000: 82 (of 87)

00000/0: 71 (of 76)

000000: 4:35:09

00000: 14(of 14)

0000000: 4:47:27

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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	45:53	24:08	13	17:20	71	44:20	1.90	45:53	24:08	13	17:20	71	44:20
Wechsel S -> R	0.26	8:03	30:57	14	6:26	75	6:26	2.16	53:56	24:58	14	22:44	75	23:26
Schwimmen 000	2.16	53:56	24:58	14	22:44	75	23:26	2.16	53:56	24:58	14	22:44	75	23:26
Rad netto	93.00	3:46:52	2:26	14	1:05:03	75	1:35:18	95.16	4:40:48	2:57	14	1:27:42	75	1:47:25
Wechsel R -> L	0.13	5:42	43:50	14	4:30	71	4:41	95.29	4:46:30	3:00	14	1:32:09	72	1:38:06
Rad 000	93.13	3:52:34	2:29	14	1:09:33	72	1:25:12	95.29	4:46:30	3:00	14	1:32:09	72	1:38:06
Lauf	21.50	2:50:44	7:56	14	1:17:38	69	1:23:59	116.79	7:37:14	3:54	14	2:49:47	71	3:02:05