



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Pelzer, Ronald

000: 2:44:41

00: TLV Rangsdorf

00: 398

00: 51.89 km

Olympisch

0000:

SEN5 / TM 60

00000/000: 59 (of 236)

00000/0: 57 (of 198)

000000: 2:14:41

00000: 3(of 7)

0000000: 2:33:03

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	37:34	25:02	3	8:15	92	12:52	1.50	37:34	25:02	3	8:15	92	12:52	
Wechsel S -> R	0.26	2:56	11:16	3	1:01	71	1:36	1.76	40:30	23:00	3	9:16	83	13:35	
Schwimmen 000	1.76	40:30	23:00	3	9:16	83	13:35	1.76	40:30	23:00	3	9:16	83	13:35	
Rad netto	40.00	1:12:37	1:48	3	0:35	61	10:13	41.76	1:53:07	2:42	3	9:51	70	22:44	
Wechsel R -> L	0.13	1:46	13:35	5	0:37	95	1:00	41.89	1:54:53	2:44	3	10:24	72	23:11	
Rad 000	40.13	1:14:23	1:51	3	1:08	59	11:08	41.89	1:54:53	2:44	3	10:24	72	23:11	
Lauf	10.00	49:48	4:58	2	1:14	59	11:37	51.89	2:44:41	3:10	3	11:38	57	30:00	