



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Pillmann, Holger

000: 2:46:10

00: Betlin

00: 278

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 66 (of 236)

00000/0: 62 (of 198)

000000: 2:14:41

00000: 7(of 28)

0000000: 2:29:21

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	38:07	25:24	16	9:11	100	13:25	1.50	38:07	25:24	16	9:11	100	13:25
Wechsel S -> R	0.26	3:44	14:21	19	1:42	133	2:24	1.76	41:51	23:46	16	10:53	103	14:56
Schwimmen 000	1.76	41:51	23:46	16	10:53	103	14:56	1.76	41:51	23:46	16	10:53	103	14:56
Rad netto	40.00	1:12:59	1:49	8	6:04	65	10:35	41.76	1:54:50	2:44	11	13:21	80	24:27
Wechsel R -> L	0.13	2:19	17:49	21	1:13	151	1:33	41.89	1:57:09	2:47	12	14:33	83	25:27
Rad 000	40.13	1:15:18	1:52	8	7:16	67	12:03	41.89	1:57:09	2:47	12	14:33	83	25:27
Lauf	10.00	49:01	4:54	7	6:22	53	10:50	51.89	2:46:10	3:12	7	16:49	62	31:29