



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Heidgen, Sören

000: 2:46:25

00: Naumburg (Saale)

00: 196

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 69 (of 236)

00000/0: 65 (of 198)

000000: 2:14:41

00000: 8(of 28)

0000000: 2:23:41

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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	27:14	18:09	1	-	5	2:32	1.50	27:14	18:09	1	-	5	2:32
Wechsel S -> R	0.26	4:18	16:32	25	2:38	162	2:58	1.76	31:32	17:55	2	1:56	18	4:37
Schwimmen 000	1.76	31:32	17:55	2	1:56	18	4:37	1.76	31:32	17:55	2	1:56	18	4:37
Rad netto	40.00	1:20:35	2:00	20	12:12	141	18:11	41.76	1:52:07	2:41	9	14:00	61	21:44
Wechsel R -> L	0.13	2:20	17:56	20	1:30	153	1:34	41.89	1:54:27	2:43	10	15:30	66	22:45
Rad 000	40.13	1:22:55	2:03	20	13:42	146	19:40	41.89	1:54:27	2:43	10	15:30	66	22:45
Lauf	10.00	51:58	5:11	8	9:10	77	13:47	51.89	2:46:25	3:12	8	22:44	65	31:44