



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Wappke, Thomas

000: 2:48:09

00: Berlin

00: 352

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 77 (of 236)

00000/0: 72 (of 198)

000000: 2:14:41

00000: 9(of 25)

0000000: 2:15:02

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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	36:33	24:21	9	8:53	75	11:51	1.50	36:33	24:21	9	8:53	75	11:51
Wechsel S -> R	0.26	2:35	9:56	4	0:52	42	1:15	1.76	39:08	22:14	8	9:45	69	12:13
Schwimmen 000	1.76	39:08	22:14	8	9:45	69	12:13	1.76	39:08	22:14	8	9:45	69	12:13
Rad netto	40.00	1:14:26	1:51	6	7:44	74	12:02	41.76	1:53:34	2:43	7	17:29	74	23:11
Wechsel R -> L	0.13	1:44	13:20	9	0:58	92	0:58	41.89	1:55:18	2:45	7	18:27	73	23:36
Rad 000	40.13	1:16:10	1:53	8	8:42	78	12:55	41.89	1:55:18	2:45	7	18:27	73	23:36
Lauf	10.00	52:51	5:17	8	14:40	83	14:40	51.89	2:48:09	3:14	9	33:07	72	33:28