



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Schmitz, Andreas

000: 2:49:08

00: Berlin

00: 306

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 85 (of 236)

00000/0: 78 (of 198)

000000: 2:14:41

00000: 10(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	38:24	25:35	15	10:44	103	13:42	1.50	38:24	25:35	15	10:44	103	13:42
Wechsel S -> R	0.26	3:42	14:13	16	1:59	131	2:22	1.76	42:06	23:55	15	12:43	106	15:11
Schwimmen 000	1.76	42:06	23:55	15	12:43	106	15:11	1.76	42:06	23:55	15	12:43	106	15:11
Rad netto	40.00	1:12:10	1:48	5	5:28	53	9:46	41.76	1:54:16	2:44	9	18:11	77	23:53
Wechsel R -> L	0.13	1:51	14:13	15	1:05	107	1:05	41.89	1:56:07	2:46	10	19:16	77	24:25
Rad 000	40.13	1:14:01	1:50	5	6:33	55	10:46	41.89	1:56:07	2:46	10	19:16	77	24:25
Lauf	10.00	53:01	5:18	9	14:50	85	14:50	51.89	2:49:08	3:15	10	34:06	78	34:27