



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Böhm, Jakob

000: 2:49:20

00: Berlin

00: 144

00: 51.89 km

Olympisch

0000:

AK3 / TM 30

00000/000: 86 (of 236)

00000/0: 79 (of 198)

000000: 2:14:41

00000: 20(of 45)

0000000: 2:14:41

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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	36:28	24:18	16	11:46	74	11:46	1.50	36:28	24:18	16	11:46	74	11:46
Wechsel S -> R	0.26	3:12	12:18	25	1:52	97	1:52	1.76	39:40	22:32	16	12:45	73	12:45
Schwimmen 000	1.76	39:40	22:32	16	12:45	73	12:45	1.76	39:40	22:32	16	12:45	73	12:45
Rad netto	40.00	1:12:31	1:48	15	10:07	58	10:07	41.76	1:52:11	2:41	18	21:48	62	21:48
Wechsel R -> L	0.13	2:18	17:41	32	1:27	148	1:32	41.89	1:54:29	2:43	18	22:47	67	22:47
Rad 000	40.13	1:14:49	1:51	17	11:34	63	11:34	41.89	1:54:29	2:43	18	22:47	67	22:47
Lauf	10.00	54:51	5:29	27	13:20	111	16:40	51.89	2:49:20	3:15	20	34:39	79	34:39