



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Richel, Steffi

000: 2:44:56

00: Potsdam

00: 292

00: 51.89 km

Olympisch

0000:

AK4 / TW 35

00000/000: 61 (of 236)

00000/0: 3 (of 38)

000000: 2:37:05

00000: 2(of 5)

0000000: 2:37:05

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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	28:28	18:58	1	-	2	2:54	1.50	28:28	18:58	1	-	2	2:54
Wechsel S -> R	0.26	1:16	4:52	1	-	1	-	1.76	29:44	16:53	1	-	2	0:12
Schwimmen 000	1.76	29:44	16:53	1	-	2	0:12	1.76	29:44	16:53	1	-	2	0:12
Rad netto	40.00	1:23:24	2:05	3	10:00	19	10:45	41.76	1:53:08	2:42	3	8:47	4	8:47
Wechsel R -> L	0.13	1:02	7:56	2	0:05	2	0:05	41.89	1:54:10	2:43	3	8:52	4	8:52
Rad 000	40.13	1:24:26	2:06	3	10:05	18	10:14	41.89	1:54:10	2:43	3	8:52	4	8:52
Lauf	10.00	50:46	5:04	1	-	6	1:43	51.89	2:44:56	3:10	2	7:51	3	7:51