



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Strunk, Tim

000: 2:50:19

00: TriTraits Berlin

00: 414

00: 51.89 km

Olympisch

0000:

SEN1 / TM 40

00000/000: 89 (of 236)

00000/0: 82 (of 198)

000000: 2:14:41

00000: 13(of 28)

0000000: 2:29:21

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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	31:59	21:19	3	3:03	30	7:17	1.50	31:59	21:19	3	3:03	30	7:17
Wechsel S -> R	0.26	2:06	8:04	2	0:04	23	0:46	1.76	34:05	19:21	2	3:07	25	7:10
Schwimmen 000	1.76	34:05	19:21	2	3:07	25	7:10	1.76	34:05	19:21	2	3:07	25	7:10
Rad netto	40.00	1:16:30	1:54	16	9:35	102	14:06	41.76	1:50:35	2:38	5	9:06	51	20:12
Wechsel R -> L	0.13	1:58	15:07	16	0:52	124	1:12	41.89	1:52:33	2:41	5	9:57	50	20:51
Rad 000	40.13	1:18:28	1:57	16	10:26	106	15:13	41.89	1:52:33	2:41	5	9:57	50	20:51
Lauf	10.00	57:46	5:46	17	15:07	131	19:35	51.89	2:50:19	3:16	13	20:58	82	35:38