



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Burghard, Nils

000: 2:50:39

00: Herzberg

00: 153

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 90 (of 236)

00000/0: 83 (of 198)

000000: 2:14:41

00000: 15(of 30)

0000000: 2:17:44

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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	36:38	24:25	14	8:39	77	11:56	1.50	36:38	24:25	14	8:39	77	11:56
Wechsel S -> R	0.26	2:48	10:46	11	0:59	62	1:28	1.76	39:26	22:24	13	9:38	71	12:31
Schwimmen 000	1.76	39:26	22:24	13	9:38	71	12:31	1.76	39:26	22:24	13	9:38	71	12:31
Rad netto	40.00	1:11:34	1:47	9	6:14	42	9:10	41.76	1:51:00	2:39	10	14:47	52	20:37
Wechsel R -> L	0.13	1:41	12:56	16	0:48	87	0:55	41.89	1:52:41	2:41	10	15:27	53	20:59
Rad 000	40.13	1:13:15	1:49	11	6:54	47	10:00	41.89	1:52:41	2:41	10	15:27	53	20:59
Lauf	10.00	57:58	5:47	24	17:28	136	19:47	51.89	2:50:39	3:17	15	32:55	83	35:58