



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Léonard, Fabien

000: 2:22:51

00: Berlin

00: 250

00: 51.89 km

Olympisch

0000:

AK4 / TM 35

00000/000: 6 (of 236)

00000/0: 6 (of 198)

000000: 2:14:41

00000: 2(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	28:10	18:46	2	0:11	12	3:28	1.50	28:10	18:46	2	0:11	12	3:28
Wechsel S -> R	0.26	1:53	7:14	2	0:04	11	0:33	1.76	30:03	17:04	2	0:15	8	3:08
Schwimmen 000	1.76	30:03	17:04	2	0:15	8	3:08	1.76	30:03	17:04	2	0:15	8	3:08
Rad netto	40.00	1:06:56	1:40	2	1:36	8	4:32	41.76	1:36:59	2:19	2	0:46	6	6:36
Wechsel R -> L	0.13	0:59	7:33	3	0:06	14	0:13	41.89	1:37:58	2:20	2	0:44	6	6:16
Rad 000	40.13	1:07:55	1:41	2	1:34	7	4:40	41.89	1:37:58	2:20	2	0:44	6	6:16
Lauf	10.00	44:53	4:29	5	4:23	16	6:42	51.89	2:22:51	2:45	2	5:07	6	8:10