



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Unmack, Torsten

000: 2:51:13

00: Berlin

00: 346

00: 51.89 km

Olympisch

0000:

SEN2 / TM 45

00000/000: 93 (of 236)

00000/0: 85 (of 198)

000000: 2:14:41

00000: 11(of 28)

0000000: 2:23:41

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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	39:26	26:17	20	12:12	116	14:44	1.50	39:26	26:17	20	12:12	116	14:44
Wechsel S -> R	0.26	3:09	12:06	13	1:29	93	1:49	1.76	42:35	24:11	18	12:59	113	15:40
Schwimmen 000	1.76	42:35	24:11	18	12:59	113	15:40	1.76	42:35	24:11	18	12:59	113	15:40
Rad netto	40.00	1:12:56	1:49	11	4:33	63	10:32	41.76	1:55:31	2:45	15	17:24	85	25:08
Wechsel R -> L	0.13	2:42	20:46	25	1:52	167	1:56	41.89	1:58:13	2:49	16	19:16	90	26:31
Rad 000	40.13	1:15:38	1:53	12	6:25	70	12:23	41.89	1:58:13	2:49	16	19:16	90	26:31
Lauf	10.00	53:00	5:17	11	10:12	84	14:49	51.89	2:51:13	3:17	11	27:32	85	36:32