



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Mangelsdorff, Heike

000: 2:48:39

00: Rathenow

00: 258

00: 51.89 km

Olympisch

0000:

SEN3 / TW 50

00000/000: 80 (of 236)

00000/0: 7 (of 38)

000000: 2:37:05

00000: 1(of 5)

0000000: 2:48:39

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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	39:48	26:31	3	14:14	20	14:14	1.50	39:48	26:31	3	14:14	20	14:14
Wechsel S -> R	0.26	2:05	8:00	1	-	2	0:49	1.76	41:53	23:47	3	12:21	16	12:21
Schwimmen 000	1.76	41:53	23:47	3	12:21	16	12:21	1.76	41:53	23:47	3	12:21	16	12:21
Rad netto	40.00	1:12:39	1:48	1	-	1	-	41.76	1:54:32	2:44	2	1:14	6	10:11
Wechsel R -> L	0.13	1:33	11:55	1	-	13	0:36	41.89	1:56:05	2:46	2	0:57	6	10:47
Rad 000	40.13	1:14:12	1:50	1	-	1	-	41.89	1:56:05	2:46	2	0:57	6	10:47
Lauf	10.00	52:34	5:15	1	-	8	3:31	51.89	2:48:39	3:15	1	-	7	11:34