



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Tebner, Jens

000: 2:53:17

00: Michendorf

00: 333

00: 51.89 km

Olympisch

0000:

SEN3 / TM 50

00000/000: 101 (of 236)

00000/0: 92 (of 198)

000000: 2:14:41

00000: 11(of 25)

0000000: 2:15:02

0000

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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	39:37	26:24	16	11:57	119	14:55	1.50	39:37	26:24	16	11:57	119	14:55
Wechsel S -> R	0.26	2:53	11:05	8	1:10	67	1:33	1.76	42:30	24:08	16	13:07	111	15:35
Schwimmen 000	1.76	42:30	24:08	16	13:07	111	15:35	1.76	42:30	24:08	16	13:07	111	15:35
Rad netto	40.00	1:15:20	1:53	11	8:38	88	12:56	41.76	1:57:50	2:49	11	21:45	96	27:27
Wechsel R -> L	0.13	1:39	12:41	8	0:53	86	0:53	41.89	1:59:29	2:51	11	22:38	94	27:47
Rad 000	40.13	1:16:59	1:55	10	9:31	87	13:44	41.89	1:59:29	2:51	11	22:38	94	27:47
Lauf	10.00	53:48	5:22	11	15:37	91	15:37	51.89	2:53:17	3:20	11	38:15	92	38:36