



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Zwanzig/Ziem/Illner

000: 2:40:44

00: 454

00: 19.22 km/h

0000: 3:07 min/km

00: 51.50 km

Olympische Distanz Staffel

00000: 12 (of 29)

000000: 2:07:13

0000:

00000: 12(of 29)

Staffel

0000000: 2:07:13

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	1.50	35:14	23:29	14	9:21	14	9:21	1.50	35:14	23:29	14	9:21	14	9:21
Wechsel S -> R	-	1:09	-	7	0:07	7	0:07	1.50	36:23	-	14	8:57	14	8:57
Rad netto	40.00	1:16:50	1:55	15	18:42	15	18:42	41.50	1:53:13	2:43	14	23:15	14	23:15
Wechsel R -> L	-	0:46	-	11	0:10	11	0:10	41.50	1:53:59	-	14	23:18	14	23:18
Lauf	10.00	46:45	4:40	9	10:13	9	10:13	51.50	2:40:44	3:07	12	33:31	12	33:31