



Erkner Triathlon 2.0

Erkner / 09.09.2018

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ESV Frankfurt (Oder) 1948

□□: 449

□□: 51.50 km

Olympische Distanz Staffel

□□□□:

Staffel

□□□□□: DSQ (of 29)

□□□□□□: 2:07:13

□□□□□: DSQ(of 29)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	1.50	25:53	17:15	1	-	1	-	1.50	25:53	17:15	1	-	1	-
Wechsel S -> R	-	1:33	-	23	0:31	23	0:31	1.50	27:26	-	1	-	1	-
Rad netto	40.00	1:41:54	2:32	29	43:46	29	43:46	41.50	2:09:20	3:06	25	39:22	25	39:22
Wechsel R -> L	-	0:52	-	19	0:16	19	0:16	41.50	2:10:12	-	25	39:31	25	39:31
Lauf	10.00	47:14	4:43	10	10:42	10	10:42	51.50	-	-	-	-	-	-