



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Team Grünheide - Olympische Distanz (1) 3:09:37

00: 462

00: 16.30 km/h

0000: 3:41 min/km

00: 51.50 km

Olympische Distanz Staffel

00000: 23 (of 29)

000000: 2:07:13

0000:

Staffel

00000: 23(of 29)

0000000: 2:07:13

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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	52:47	35:11	27	26:54	27	26:54	1.50	52:47	35:11	27	26:54	27	26:54
Wechsel S -> R	-	1:55	-	27	0:53	27	0:53	1.50	54:42	-	27	27:16	27	27:16
Rad netto	40.00	1:09:12	1:43	7	11:04	7	11:04	41.50	2:03:54	2:59	22	33:56	22	33:56
Wechsel R -> L	-	1:31	-	29	0:55	29	0:55	41.50	2:05:25	-	22	34:44	22	34:44
Lauf	10.00	1:04:12	6:25	26	27:40	26	27:40	51.50	3:09:37	3:40	24	1:02:24	24	1:02:24