



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

BSG Spielbank Berlin

000: 3:10:53

00: 437

00: 16.03 km/h

0000: 3:43 min/km

00: 51.50 km

Olympische Distanz Staffel

00000: 25 (of 29)

000000: 2:07:13

0000:

00000: 25(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	42:33	28:21	21	16:40	21	16:40	1.50	42:33	28:21	21	16:40	21	16:40
Wechsel S -> R	-	1:42	-	26	0:40	26	0:40	1.50	44:15	-	21	16:49	21	16:49
Rad netto	40.00	1:17:02	1:55	17	18:54	17	18:54	41.50	2:01:17	2:55	19	31:19	19	31:19
Wechsel R -> L	-	0:56	-	25	0:20	25	0:20	41.50	2:02:13	-	19	31:32	19	31:32
Lauf	10.00	1:08:40	6:52	28	32:08	28	32:08	51.50	3:10:53	3:42	26	1:03:40	26	1:03:40