



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Trianer Falkensee/Brieselang

000: 4:58:58

00: 105

00: 23.28 km/h

0000: 2:34 min/km

00: 116.50 km

Mittel Distanz Staffel

00000: 3 (of 12)

000000: 4:12:53

0000:

00000: 3(of 12)

Staffel

0000000: 4:12:53

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	1.90	33:00	17:22	3	2:20	3	2:20	1.90	33:00	17:22	3	2:20	3	2:20
Wechsel S -> R	0.30	1:13	4:03	2	0:17	2	0:17	2.20	34:13	15:33	3	2:37	3	2:37
Rad netto	93.00	2:36:26	1:40	2	19:10	2	19:10	95.20	3:10:39	2:00	2	21:47	2	21:47
Wechsel R -> L	0.30	0:58	3:13	6	0:13	6	0:13	95.50	3:11:37	2:00	2	22:00	2	22:00
Lauf	21.00	1:47:21	5:06	6	24:05	6	24:05	116.50	4:58:58	2:33	3	46:05	3	46:05