



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Weddingtrio

00: 114

00: 116.50 km

Mittel Distanz Staffel

0000:

Staffel

000: 5:16:36

00: 21.98 km/h

0000: 2:43 min/km

00000: 4 (of 12)

000000: 4:12:53

00000: 4(of 12)

0000000: 4:12:53

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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	42:51	22:33	9	12:11	9	12:11	1.90	42:51	22:33	9	12:11	9	12:11
Wechsel S -> R	0.30	1:16	4:13	3	0:20	3	0:20	2.20	44:07	20:03	9	12:31	9	12:31
Rad netto	93.00	2:57:32	1:54	5	40:16	5	40:16	95.20	3:41:39	2:19	6	52:47	6	52:47
Wechsel R -> L	0.30	0:57	3:09	5	0:12	5	0:12	95.50	3:42:36	2:19	6	52:59	6	52:59
Lauf	21.00	1:34:00	4:28	2	10:44	2	10:44	116.50	5:16:36	2:43	4	1:03:43	4	1:03:43