



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Berufsfeuerwehr Stralsund Team 1 000: 5:30:05

00: 107

00: 21.18 km/h

0000: 2:50 min/km

00: 116.50 km

Mittel Distanz Staffel

00000: 5 (of 12)

000000: 4:12:53

0000:

00000: 5(of 12)

Staffel

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 | 39:06 | 20:34 | 8 | 8:26 | 8 | 8:26 | 1.90 | 39:06 | 20:34 | 8 | 8:26 | 8 | 8:26 |
| Wechsel S -> R | 0.30 | 1:44 | 5:46 | 12 | 0:48 | 12 | 0:48 | 2.20 | 40:50 | 18:33 | 8 | 9:14 | 8 | 9:14 |
| Rad netto | 93.00 | 2:53:58 | 1:52 | 4 | 36:42 | 4 | 36:42 | 95.20 | 3:34:48 | 2:15 | 4 | 45:56 | 4 | 45:56 |
| Wechsel R -> L | 0.30 | 0:55 | 3:03 | 3 | 0:10 | 3 | 0:10 | 95.50 | 3:35:43 | 2:15 | 4 | 46:06 | 4 | 46:06 |
| Lauf | 21.00 | 1:54:22 | 5:26 | 7 | 31:06 | 7 | 31:06 | 116.50 | 5:30:05 | 2:49 | 5 | 1:17:12 | 5 | 1:17:12 |