



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Rugebrothers

000: 5:40:27

00: 111

00: 20.53 km/h

0000: 2:55 min/km

00: 116.50 km

Mittel Distanz Staffel

00000: 7 (of 12)

000000: 4:12:53

0000:

00000: 7(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	36:11	19:02	6	5:31	6	5:31	1.90	36:11	19:02	6	5:31	6	5:31
Wechsel S -> R	0.30	1:33	5:10	11	0:37	11	0:37	2.20	37:44	17:09	6	6:08	6	6:08
Rad netto	93.00	3:00:48	1:56	6	43:32	6	43:32	95.20	3:38:32	2:17	5	49:40	5	49:40
Wechsel R -> L	0.30	1:25	4:43	11	0:40	11	0:40	95.50	3:39:57	2:18	5	50:20	5	50:20
Lauf	21.00	2:00:30	5:44	9	37:14	9	37:14	116.50	5:40:27	2:55	7	1:27:34	7	1:27:34