



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Team Grünheide - Mitteldistanz

000: 6:56:12

00: 113

00: 16.79 km/h

0000: 3:34 min/km

00: 116.50 km

Mittel Distanz Staffel

00000: 11 (of 12)

000000: 4:12:53

0000:

00000: 11(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	53:02	27:54	12	22:22	12	22:22	1.90	53:02	27:54	12	22:22	12	22:22
Wechsel S -> R	0.30	1:24	4:40	7	0:28	7	0:28	2.20	54:26	24:44	12	22:50	12	22:50
Rad netto	93.00	3:16:56	2:07	10	59:40	10	59:40	95.20	4:11:22	2:38	10	1:22:30	10	1:22:30
Wechsel R -> L	0.30	1:14	4:06	8	0:29	8	0:29	95.50	4:12:36	2:38	10	1:22:59	10	1:22:59
Lauf	21.00	2:43:36	7:47	12	1:20:20	12	1:20:20	116.50	6:56:12	3:34	12	2:43:19	12	2:43:19