



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Weiss

00: 450

00: 51.50 km

Olympische Distanz Staffel

0000:

Staffel

000: 2:27:15

00: 20.78 km/h

0000: 2:52 min/km

00000: 5 (of 29)

000000: 2:07:13

00000: 5(of 29)

0000000: 2:07:13

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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	1.50	30:54	20:35	9	5:01	9	5:01	1.50	30:54	20:35	9	5:01	9	5:01
Wechsel S -> R	-	1:02	-	1	-	1	-	1.50	31:56	-	9	4:30	9	4:30
Rad netto	40.00	1:09:30	1:44	8	11:22	8	11:22	41.50	1:41:26	2:26	8	11:28	8	11:28
Wechsel R -> L	-	0:37	-	2	0:01	2	0:01	41.50	1:42:03	-	8	11:22	8	11:22
Lauf	10.00	45:12	4:31	7	8:40	7	8:40	51.50	2:27:15	2:51	5	20:02	5	20:02