



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Team Lippert

000: 1:30:27

00: 914

00: 21.23 km/h

0000: 2:48 min/km

00: 32.35 km

Jedermann/Sprint Distanz Staffel

00000: 9 (of 33)

000000: 1:14:41

0000:

00000: 9(of 33)

Sprint Staffel

0000000: 1:14:41

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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	0.70	17:44	25:20	9	8:09	9	8:09	0.70	17:44	25:20	9	8:09	9	8:09
Wechsel S -> R	0.03	1:16	42:13	10	0:19	10	0:19	0.73	19:00	26:01	9	8:26	9	8:26
Rad netto	28.00	51:53	1:51	11	6:03	11	6:03	28.73	1:10:53	2:28	7	10:37	7	10:37
Wechsel R -> L	0.03	0:57	31:40	17	0:22	17	0:22	28.76	1:11:50	2:29	7	10:54	7	10:54
Lauf	3.60	18:37	5:10	15	4:52	15	4:52	32.35	1:30:27	2:47	9	15:46	9	15:46