



Erkner Triathlon 2.0

Erkner / 09.09.2018

0000

Chemnitz 1

000: 1:36:33

00: 919

00: 19.89 km/h

0000: 2:59 min/km

00: 32.35 km

Jedermann/Sprint Distanz Staffel

00000: 16 (of 33)

000000: 1:14:41

0000:

00000: 16(of 33)

Sprint Staffel

0000000: 1:14:41

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0000

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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	20:58	29:57	20	11:23	20	11:23	0.70	20:58	29:57	20	11:23	20	11:23
Wechsel S -> R	0.03	1:23	46:06	17	0:26	17	0:26	0.73	22:21	30:36	18	11:47	18	11:47
Rad netto	28.00	54:39	1:57	14	8:49	14	8:49	28.73	1:17:00	2:40	17	16:44	17	16:44
Wechsel R -> L	0.03	0:52	28:53	12	0:17	12	0:17	28.76	1:17:52	2:42	17	16:56	17	16:56
Lauf	3.60	18:41	5:11	17	4:56	17	4:56	32.35	1:36:33	2:59	16	21:52	16	21:52