



Erkner Triathlon 2.0

Erkner / 09.09.2018

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Physiotriathletix

000: 2:29:05

00: 431

00: 20.73 km/h

0000: 2:53 min/km

00: 51.50 km

Olympische Distanz Staffel

00000: 6 (of 29)

000000: 2:07:13

0000:

00000: 6(of 29)

Staffel

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	33:15	22:10	12	7:22	12	7:22	1.50	33:15	22:10	12	7:22	12	7:22
Wechsel S -> R	-	1:05	-	3	0:03	3	0:03	1.50	34:20	-	12	6:54	12	6:54
Rad netto	40.00	1:06:37	1:39	5	8:29	5	8:29	41.50	1:40:57	2:25	6	10:59	6	10:59
Wechsel R -> L	-	0:40	-	5	0:04	5	0:04	41.50	1:41:37	-	6	10:56	6	10:56
Lauf	10.00	47:28	4:44	11	10:56	11	10:56	51.50	2:29:05	2:53	6	21:52	6	21:52