



Erkner Triathlon 2.0

Erkner / 09.09.2018

Detailed evaluation

Trianer Falkensee/Brieselang

Total time: 4:58:58

Number: 105

Speed: 23.38 km/h

Running performance: 2:34 min/km

Course: 116.50 km

Mittel Distanz Staffel

Rank in course: 3 (of 12)

Best time in course: 4:12:53

Category:

Rank in category: 3(of 12)

Staffel

Best time in the category: 4:12:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	1.90	33:00	17:22	3	2:20	3	2:20	1.90	33:00	17:22	3	2:20	3	2:20
Wechsel S -> R	0.30	1:13	4:03	2	0:17	2	0:17	2.20	34:13	15:33	3	2:37	3	2:37
Rad netto	93.00	2:36:26	1:40	2	19:10	2	19:10	95.20	3:10:39	2:00	2	21:47	2	21:47
Wechsel R -> L	0.30	0:58	3:13	6	0:13	6	0:13	95.50	3:11:37	2:00	2	22:00	2	22:00
Lauf	21.00	1:47:21	5:06	6	24:05	6	24:05	116.50	4:58:58	2:33	3	46:05	3	46:05