



Erkner

PILZ, Gordon

Erkner: 2:38:39

Erkner: BSG Edeka

Erkner: 341

Erkner: 51.89 km

Olympisch (1,5/40/10 km)

Erkner/Erkner: 80 (of 233)

Erkner/Erkner: 77 (of 179)

Erkner: 2:04:10

Erkner:

AK4 / TM 35

Erkner: 18(of 28)

Erkner: 2:08:44

Erkner

Erkner

Erkner

| Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner | Erkner |
|------------------|--------|---------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|
| | km | min | min/km | - | - | Erkner | Erkner | km | min | min/km | - | - | Erkner | Erkner |
| Schwimmen nett | 1.50 | 31:27 | 20:57 | 17 | 10:07 | 80 | 10:51 | 1.50 | 31:27 | 20:57 | 17 | 10:07 | 80 | 10:51 |
| Wechsel S -> R | 0.26 | 4:52 | 18:43 | 23 | 3:16 | 154 | 3:27 | 1.76 | 36:19 | 20:38 | 20 | 13:23 | 102 | 13:30 |
| Schwimmen Erkner | 1.76 | 36:19 | 20:38 | 20 | 13:23 | 102 | 13:30 | 1.76 | 36:19 | 20:38 | 20 | 13:23 | 102 | 13:30 |
| Rad netto | 40.00 | 1:16:34 | 1:54 | 23 | 12:32 | 116 | 15:21 | 41.76 | 1:52:53 | 2:42 | 22 | 25:55 | 107 | 26:16 |
| Wechsel R -> L | 0.13 | 1:38 | 12:33 | 20 | 0:52 | 99 | 0:55 | 41.89 | 1:54:31 | 2:44 | 22 | 26:42 | 106 | 27:11 |
| Radfahren Erkner | 40.13 | 1:18:12 | 1:56 | 21 | 13:19 | 112 | 16:16 | 41.89 | 1:54:31 | 2:44 | 22 | 26:42 | 106 | 27:11 |
| Lauf | 10.00 | 44:08 | 4:24 | 8 | 5:04 | 31 | 7:36 | 51.89 | 2:38:39 | 3:03 | 18 | 29:55 | 77 | 34:29 |