



Erkner

Corning Technology Runners

Erkner: 2:41:59

Erkner: Corning Technology Runners

Erkner: 568

Erkner: 51.89 km

Olympisch Staffel (1,5/40/10 km)

Erkner/Erkner: 20 (of 30)

Erkner/Erkner: 20 (of 30)

Erkner: 2:07:53

Erkner:

Erkner: 20(of 30)

Staffel

Erkner: 2:07:53

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	32:14	21:29	19	9:23	19	9:23	1.50	32:14	21:29	19	9:23	19	9:23
Wechsel S -> R	0.26	1:28	5:38	18	0:26	18	0:26	1.76	33:42	19:08	17	9:31	17	9:31
Schwimmen Erkner	1.76	33:42	19:08	17	9:31	17	9:31	1.76	33:42	19:08	17	9:31	17	9:31
Rad netto	40.00	1:09:22	1:44	14	8:24	14	8:24	41.76	1:43:04	2:28	15	17:22	15	17:22
Wechsel R -> L	0.13	0:56	7:10	23	0:25	23	0:25	41.89	1:44:00	2:28	15	17:29	15	17:29
Radfahren Erkner	40.13	1:10:18	1:45	15	8:31	15	8:31	41.89	1:44:00	2:28	15	17:29	15	17:29
Lauf	10.00	57:59	5:47	25	19:53	25	19:53	51.89	2:41:59	3:07	20	34:06	20	34:06