



Erkner

KARCH, Philipp

Erkner: 2:55:59

Erkner: TACHELES MIT TAKT

Erkner: 379

Erkner: 51.89 km

Olympisch (1,5/40/10 km)

Erkner/Erkner: 158 (of 233)

Erkner/Erkner: 138 (of 179)

Erkner: 2:04:10

Erkner:

SEN2 / TM 45

Erkner: 32(of 39)

Erkner: 2:19:54

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   | 38:18   | 25:31  | 35     | 15:43  | 163    | 17:42  | 1.50   | 38:18   | 25:31  | 35     | 15:43  | 163    | 17:42  |
| Wechsel S -> R   | 0.26   | 5:25    | 20:49  | 37     | 3:30   | 160    | 4:00   | 1.76   | 43:43   | 24:50  | 35     | 18:15  | 161    | 20:54  |
| Schwimmen Erkner | 1.76   | 43:43   | 24:50  | 35     | 18:15  | 161    | 20:54  | 1.76   | 43:43   | 24:50  | 35     | 18:15  | 161    | 20:54  |
| Rad netto        | 40.00  | 1:21:40 | 2:02   | 36     | 18:19  | 150    | 20:27  | 41.76  | 2:05:23 | 3:00   | 37     | 34:24  | 157    | 38:46  |
| Wechsel R -> L   | 0.13   | 3:10    | 24:21  | 39     | 2:16   | 168    | 2:27   | 41.89  | 2:08:33 | 3:04   | 37     | 36:25  | 159    | 41:13  |
| Radfahren Erkner | 40.13  | 1:24:50 | 2:06   | 36     | 20:20  | 152    | 22:54  | 41.89  | 2:08:33 | 3:04   | 37     | 36:25  | 159    | 41:13  |
| Lauf             | 10.00  | 47:26   | 4:44   | 11     | 5:54   | 53     | 10:54  | 51.89  | 2:55:59 | 3:23   | 32     | 36:05  | 138    | 51:49  |