



Erkner

KUPSCH, Carsten

Time: 1:20:29

TVB09

648

32.69 km

Jedermann/Sprint (0,7/28/3,6 km)

Rank: 46 (of 238)

Rank: 46 (of 171)

Rank: 1:08:20

Rank:

Rank: 7 (of 24)

SEN2 / TM 45

Rank: 1:11:42

Erkner

Erkner

Erkner

Erkner	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
Schwimmen nett	0.70	12:47	18:15	10	2:23	61	5:40	0.70	12:47	18:15	10	2:23	61	5:40
Wechsel S -> R	0.26	2:45	10:34	8	1:05	71	1:31	0.96	15:32	16:10	12	3:13	67	7:09
Schwimmen 0.96	0.96	15:32	16:10	12	3:13	67	7:09	0.96	15:32	16:10	12	3:13	67	7:09
Rad netto	28.00	47:13	1:41	2	0:48	16	46:22	28.96	1:02:45	2:10	5	4:01	33	46:19
Wechsel R -> L	0.13	1:18	10:00	11	0:35	96	0:42	29.09	1:04:03	2:12	5	4:36	33	6:57
Radfahren 28.13	28.13	48:31	1:43	2	1:23	18	3:01	29.09	1:04:03	2:12	5	4:36	33	6:57
Lauf	3.60	16:26	4:33	10	4:11	108	5:12	32.69	1:20:29	2:27	7	8:47	46	12:09