



Erkner

WEIDENHAUSEN, Jochen

Erkner: 1:21:48

Team: OSC Zeppelinteam

Erkner: 653

Erkner: 32.69 km

Erkner/Erkner: 56 (of 238)

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

Erkner/Erkner: 55 (of 171)

Erkner: 1:08:20

Erkner:

Erkner: 8(of 24)

SEN2 / TM 45

Erkner: 1:11:42

Erkner

Erkner

Erkner

Erkner	km	Erkner	min/km	-	-	Erkner	Erkner	km	Erkner	min/km	-	-	Erkner	Erkner
Schwimmen nett	0.70	12:21	17:38	9	1:57	50	5:14	0.70	12:21	17:38	9	1:57	50	5:14
Wechsel S -> R	0.26	3:10	12:10	17	1:30	99	1:56	0.96	15:31	16:09	11	3:12	66	7:08
Schwimmen Erkner	0.96	15:31	16:09	11	3:12	66	7:08	0.96	15:31	16:09	11	3:12	66	7:08
Rad netto	28.00	51:47	1:50	10	5:22	65	50:56	28.96	1:07:18	2:19	11	8:34	59	50:52
Wechsel R -> L	0.13	0:59	7:33	4	0:16	43	0:23	29.09	1:08:17	2:20	10	8:50	57	11:11
Radfahren Erkner	28.13	52:46	1:52	10	5:38	64	7:16	29.09	1:08:17	2:20	10	8:50	57	11:11
Lauf	3.60	13:31	3:45	4	1:16	30	2:17	32.69	1:21:48	2:30	8	10:06	55	13:28